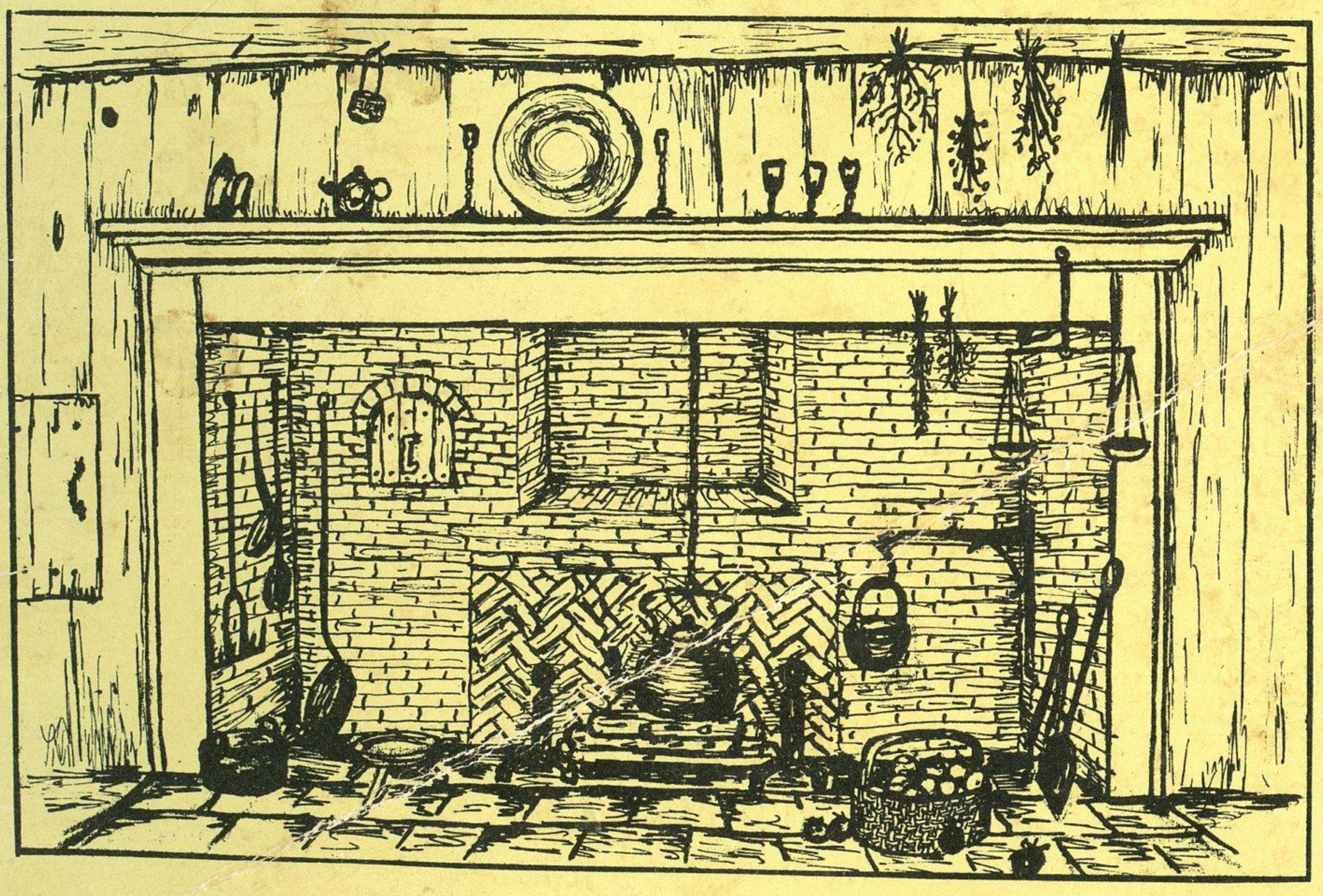
Westford's

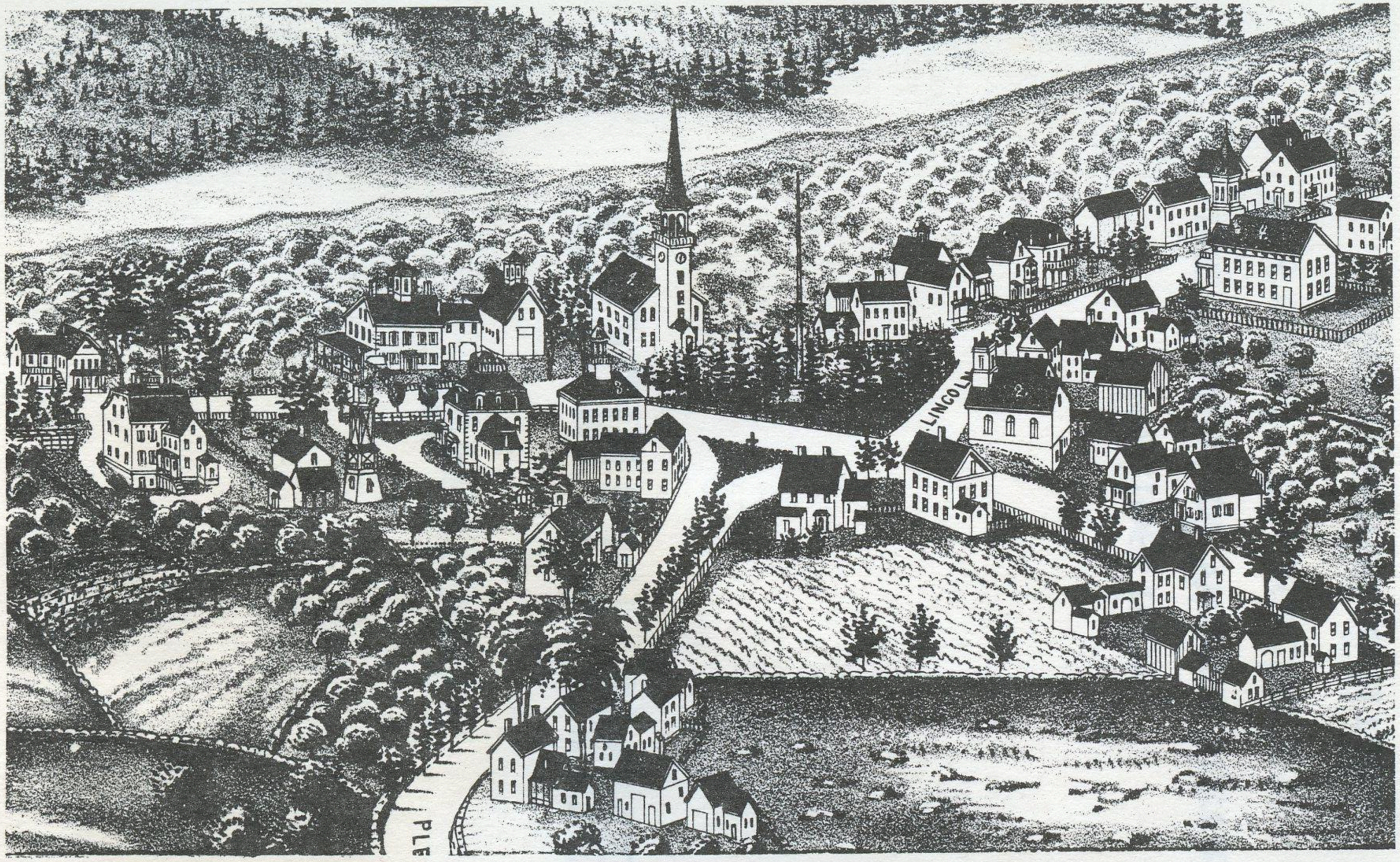
COUNTRY FARE



Westford's

COUNTRY FARE

Recipes from
the League of Women Voters
Westford, Massachusetts
Bicentennial Edition
1975



WESTFORD, MASS.

1886.

FOREWARD

WESTFORD, MASSACHUSETTS . . .

The lands which presently constitute Westford were originally inhabited by the Pawtucket, Nashoba and Wamesit Indian tribes. They were undoubtedly attracted by the seven fresh water ponds and the natural wealth of berries and fruits found here. The first known white man to settle in Westford was Solomon Keyes, who arrived in 1664 from Newbury, Massachusetts, with his wife, Frances Grant. Westford was incorporated in 1729. At that time it separated from Chelmsford, which had been incorporated in 1655. In 1730 a small triangular piece of land in Groton was annexed to Westford, and the boundaries have remained the same ever since. Westford is presently the second largest town by area in Middlesex County (30.25 square miles), and is composed of four villages: Westford Center, Forge Village, Graniteville and Nabnasset. Population trends have been as follows: 1776 - 1,193; 1875 - 1,933; 1955 - 4,923; 1965 - 8,283; and 1975 - 12,965.

On the nineteenth of April in 1775, Westford Minutemen were among the first to arrive in Concord, and many think that Westford's Colonel John Robinson assumed command at Concord Bridge and ordered the troops to fire. At any event, he distinguished himself, both at Concord and at the Battle of Bunker Hill, and he has become a local hero.

The early political and religious life in Westford reflected the laws of this state. From the early years of the Commonwealth until the 1830's, a legal relationship existed between Town and Parish. Towns in Massachusetts were not allowed to become incorporated until they had built a Meetinghouse (church), supplied a minister, and provided a parsonage. Each town resident was then taxed, in order to support church and pastor, and church attendance was compulsory. The third Meetinghouse, which was built in 1794, exists today and is known as the First Parish Church United. Until the construction of the present Town Hall in 1870, all the Town's religious and secular meetings were held in this Meetinghouse. It wasn't until the 1830's that residents were granted, by the Legislature, the privilege of belonging, or not belonging, to the religious society of their choice. Westford today reflects a New England mixture of religious, cultural, and political affiliations.

Westford's history has been heavily influenced by its industry. Until the early 1800's, agriculture remained the

chief source of wealth for Westford's citizens. Granite quarrying began early and continues today. During the Civil War years, the Forge Village Horse Nail Company flourished. Its buildings were later used by the Abbot Worsted Company, which manufactured carded yarns for use in fine carpets. Abbot & Company remained operational until 1956. The ice industry flourished from the building of the railroad (1847) until the appearance of electric refrigerators. The C.G. Sargent Company, begun by a young inventor in 1851, remains in operation today, manufacturing drying machines for all types of materials. Westford is presently a growing residential community, but its farms, orchards and industries still influence its life.

THE LEAGUE OF WOMEN VOTERS . . .

Fifty-five years ago, in 1920, twenty million American women won the right to vote. The League of Women Voters was established that same year to enable these newly enfranchised women to promote political responsibility through informed and active participation in government. In 1974 men were granted full and complete membership in the League, rather than their former associate (non-voting) membership. Associate membership remains open to non-citizens.

The League of Women Voters is a non-partisan organization and does not support candidates or political parties. Rather, the League of Women Voters supports issues, providing that the issue has been studied and agreement (consensus) has been reached on needed action. When the League adopts a position on an issue, it swings into action as an effective lobbying organization.

The League of Women Voters of Westford, formed in 1967, is composed of over 110 women and men, citizens and non-citizens. Any resident aged eighteen or older is welcome to join. Membership in the Westford League automatically confers membership in both the Massachusetts League and the League of Women Voters of the United States.

THIS COOKBOOK . . .

Farms and fruit trees have long contributed to both the economy and complexion of this town. Westford's soil contains potassium, a vital plant element, in just the right proportion

for the growth of fruits, vegetables and trees. In the nineteenth century, the proximity to markets in Lowell and Boston encouraged production of small fruit and a large annual production of apples. By the 1880's, thousands of barrels of apples were shipped annually to England. Westford in 1975 remains famous for its apple orchards, and thousands of pounds of apples continue to be exported annually to the United Kingdom. This apple insignia, found throughout the cookbook, denotes an apple recipe.

Please note that each Chapter begins with a savory, personalized menu, and that menu-planning ideas can be found throughout this cookbook. An asterisk (*) in the menu signifies that the complete recipe for that food item is included in the cookbook.

Although most of the recipes selected have a New England flavor, we have also included an International Fare section.

League members, as well as many friends of the League of Women Voters of Westford, have given generously of their recipes, talents and time. We are especially pleased to have favorite recipes from our United States Senators, Edward W. Brooke and Edward M. Kennedy, as well as from Governor Michael S. Dukakis.

ENJOY!

Beth Shaw, President
League of Women Voters
of Westford
September 1975

Acknowledgements

THE COMMITTEE

Sharon Hellstedt, Co-Chairperson
Judith Kusmin, Co-Chairperson

Marjorie Barnett
Ellen Bazer
Nanci Bohne
Margaret Cookman
Lillian Cooper
Carlene Craib
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by
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We are also indebted to the following: Mr. Paul Schaub, Dr. Jon Hellstedt, Anne Souza, the J. V. Fletcher Library and the Westford Historical Society.

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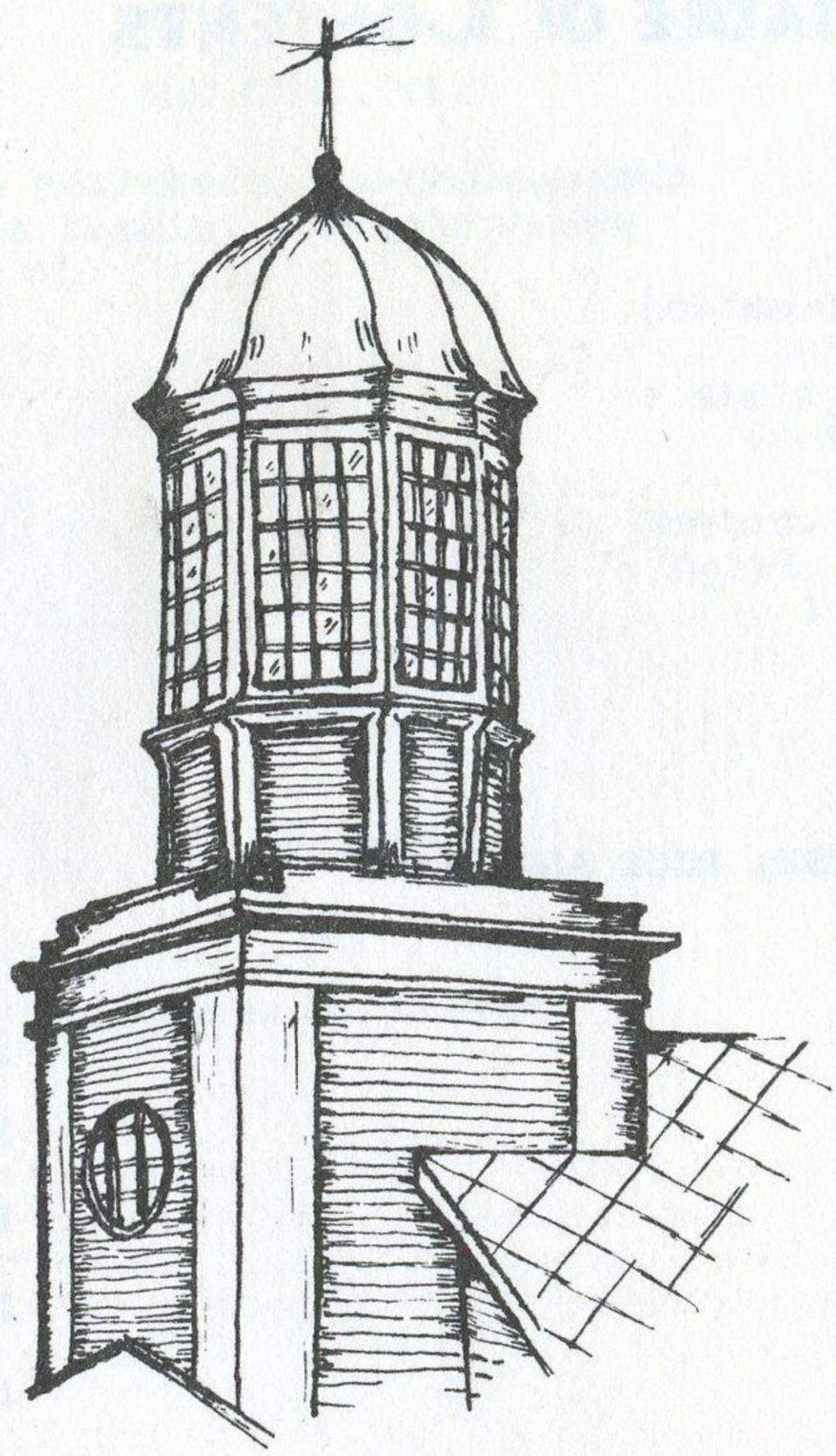
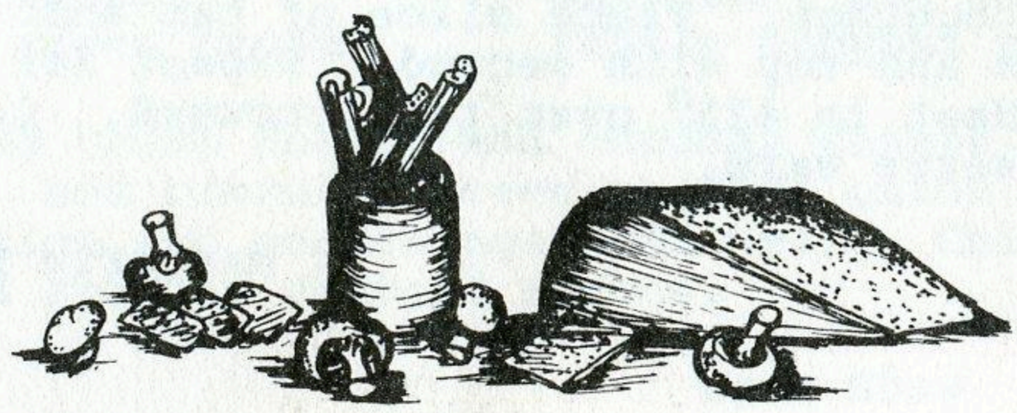


Town Hall

Built in 1870. Cupola of Town Hall as it looks today.



Appetizers

The beginning of a meal...tastes that set the tone for the evening...

BAKED STUFFED MUSHROOMS*
Chicken Cordon Bleu*
Parslied Rice Fresh Carrots
Hot Rolls and Butter
Cherries Jubilee*

BAKED STUFFED MUSHROOMS I

1 lb. fresh mushrooms	2 Tbsp butter
2 Tbsp onion, chopped fine	1/4 tsp cayenne
2 Tbsp green pepper, chopped	salt to taste
1/4 cup Pepperidge Farm Stuffing, crushed	pepper to taste

Wash mushrooms and remove stems. Saute bottoms of mushroom caps in 1 Tbsp. butter (approximately 5 min.). Remove to cookie sheet. Meanwhile, chop mushroom stems fine and combine with onion and green pepper. Saute this in 1 Tbsp. butter (approximately 10 min.) using same pan as for mushroom caps. Remove from heat. Add crushed stuffing mix, cayenne, salt and pepper. Stir until stuffing is moist. Fill caps. Bake at 350° for 15 min.

Polly Curran

HOT HAM-CHEESE HORS D'OEUVRE

2 thin slices ham
2 slices Muenster cheese
1 pkg. Pillsbury Crescent Rolls

Form the 8 triangles in roll package into 4 rectangles. Pinch perforations together. Place slice of ham and slice of cheese on 1 rectangle and top with second. Repeat for remaining rectangles. Heat in 425° oven till browned. Cut each into 8 pieces and serve warm.

Marjorie Barnett

ONION-DILL LOW-FAT DIP WITH VEGETABLES

2-1/2 cups regular or low-fat plain yogurt
1 pkg. dry onion soup mix
1 Tbsp minced parsley
1/4 tsp garlic powder
1 tsp dill weed
dash pepper

Combine above ingredients and chill at least 1 hr. Makes about 3 cups dip.

Hint: Serve as a dip with cooked, chilled shrimp, cherry tomatoes, or pieces of crisp vegetables: carrots, celery, radishes or cauliflower.

Bev Molina

BAKED STUFFED MUSHROOMS II

1 lb. mushrooms
3 Tbsp oil
1/2 onion, minced
1 clove garlic, minced
1 cup bread crumbs
1/2 cup Romano cheese
1 Tbsp parsley
1/8 Tbsp oregano

Remove stems of mushrooms and chop; leave tops whole. Saute onion, garlic and chopped stems in oil (do not brown). Add bread crumbs, cheese, parsley and oregano. Fill mushroom caps with the mixture. Place in greased baking dish. Bake at 350° for 20 min.

Carolyn Lumenello

CHRISTMAS CHEESE BALL

2 pkgs. (8 oz.) cream cheese
2 cups (8 oz.) shredded sharp cheddar cheese
1 Tbsp chopped pimento
1 Tbsp chopped green pepper
1 Tbsp finely chopped onion
2 tsp Worcestershire sauce
1 tsp lemon juice
dash salt and pepper
finely chopped pecans

Combine softened cream cheese and cheddar cheese, mixing well, until blended. Add pimento, green pepper, onion, Worcestershire sauce, lemon juice and seasonings; mix well. Chill. Shape into a ball and roll in chopped pecans.

Beth Shaw

EGG ROLLS

1/2 lb. ground beef
3 Tbsp soy sauce
2 Tbsp cooking sherry
1/4 tsp pepper
1 tsp minced fresh ginger root or 1/4 tsp ginger powder
1/2 tsp brown sugar
1/4 tsp M.S.G.
1 cup fresh bean sprouts
1 cup shredded onion
1/2 lb. cabbage, shredded
1 lb. spring roll skin
1 qt. oil
1 egg, beaten

Mix beef with 2 Tbsp. soy sauce and next 6 ingredients. Heat 4 Tbsp. oil in pan. Add beef and stir constantly until the meat is separated into small pieces. Add onion; stir with beef for 2 min. Add bean sprouts, cabbage and 1 Tbsp. soy sauce. Stir and cook until cabbage is half done. Allow to cool and drain in colander.

Place 1 heaping Tbsp. filling in egg roll skin. Fold up neatly (turn ends in and roll). Seal end with beaten egg. Heat oil to 375-400°. Fry folded egg rolls till golden brown. Flip immediately. Serve plain or with sweet and sour sauce.

Hint: The spring roll skin can be found in a Chinese grocery.

Ellen Bazer

TUNA SOUFFLE

2 Tbsp butter
1 heaping Tbsp flour
1/4 pt. milk
1 can (3-1/2 oz.) tuna
3 egg yolks
4 egg whites
salt and pepper to taste

Mash tuna. Make a thick sauce with the butter, flour and milk. Add the egg yolks, one at a time; then add tuna and seasonings. Fold in the stiffly beaten egg whites. Turn the mixture into buttered shells or a 6" souffle dish. Bake 30 min. at 350°. Makes 6 sizable hors d'oeuvres.

Joan Arnold

FRESH FRUIT PLATTER and SHERRY CREAM DRESSING

"Easy and can be made ahead of time."

1 beaten egg
1/4 cup sugar
1/4 cup sherry
dash of salt
2 Tbsp butter
juice of 1/2 orange
juice of 1/2 lemon
1/4 cup heavy cream, whipped
1 tsp grated orange peel
cut bananas, strawberries, grapes, melon balls, pineapple, etc.

Combine the egg, sugar, sherry, salt, butter, orange and lemon juices in top of double boiler. Cook over boiling water until slightly thickened, stirring constantly. Chill. Just before serving, fold in the whipped cream and orange peel. Arrange a platter of fresh fruit; provide toothpicks and dip.

Mary Trout

TOASTED LIMA BEANS

2 cups dried lg. lima beans
1 sm. bay leaf
2 tsp salt
1 lg. clove garlic, mashed
1 Tbsp garlic salt
1 tsp chili powder

Pick over and rinse beans in cold water. Place in a kettle with fresh water to cover; add the bay leaf, salt and garlic. Bring to a quick boil, remove from heat and cover. Allow to stand for 1 hr. Return to heat and cook, covered, until beans are just barely tender; do not overcook. Drain beans thoroughly and allow to dry. Place in a shallow skillet. Sprinkle with garlic salt and chili powder; toast the beans, shaking and turning often, over very low heat until they are slightly browned. Serve hot.

Nancy Mather

MUSHROOMS PARMIGIANA

12 lg. or 1 lb. sm. mushrooms
2 Tbsp butter
1 med. onion, finely chopped
1/4 cup chopped green pepper
1 sm. clove garlic, minced
1/2 cup finely crushed round crackers (12)
3 Tbsp parmesan cheese
1 Tbsp snipped parsley
1/2 tsp seasoned salt
1/4 tsp oregano
dash pepper
1/3 cup chicken broth or bouillon

Wash mushrooms. Remove stems and chop finely. Drain caps on paper towel. Melt butter in skillet; add onion, green pepper, garlic and stems. Cook till tender but not brown. Add cracker crumbs, cheese, parsley, seasoned salt, oregano and pepper; mix well. Stir in broth. Spoon stuffing into caps, rounding tops. Place caps in shallow pan and add about 1/4" water in bottom of pan. Bake, uncovered, at 325° for about 25 min. or till heated through.

Hint: Can be made ahead, refrigerated and then heated.

Sharon Hellstedt

HOT CRABMEAT SPREAD

1 med. can crabmeat
1 cup shredded cheddar cheese
pinch milk
pinch dry minced onion
8 oz. cream cheese

Combine all ingredients. Bake in ungreased casserole dish at 350° for 20 min. Spread warm over crackers. Serves 4.

Hint: Can be made ahead and refrigerated until ready to bake.

Judy Corbett

GRANDPA PIERRE'S CRABMEAT COCKTAIL

"An heirloom."

1 pt. crabmeat (fresh, frozen, canned)
3/4 cup chopped celery
1 doz. sm. sweet gherkins
1/2 med. green pepper
3/4 of sm. bottle Heinz Chili Sauce
1 sm. bottle ketchup
3 Tbsp Worcestershire sauce
1 Tbsp vinegar or juice of pickles
1 Tbsp brown sugar
3 Tbsp chutney, chopped

Chop gherkins and green pepper. Put first 4 ingredients in a bowl. Mix remaining ingredients together and add to crabmeat mixture. Set in refrigerator overnight. Serve over shredded lettuce with oyster crackers. Serves 12.

Carlene Craib

ENGLISH MUFFIN APPETIZER

English muffins
1 cup grated cheddar cheese
1 cup chopped, ripe olives
1/2 tsp salt
1/2 tsp curry powder
1/2 cup chopped onion
1/2 cup mayonnaise

Mix above ingredients. Toast split muffins slightly before spreading with mixture. Broil till cheese melts.

Bev Molina

STUFFED MUSHROOMS

1/4 lb. melted butter
sm. onion, finely chopped
1 tsp salt
1/2 tsp pepper
3/4 tsp garlic powder
1/2 tsp Worcestershire sauce
1 cup seasoned bread crumbs
1/3 cup dry vermouth
1 lb. mushrooms

Mix all ingredients except mushrooms. Remove the stems and fill caps with mixture. Let sit in refrigerator 1/2 day before serving. Cook 10 min. in buttered electric fry pan, covered with vent closed. Set thermostat at 230°.

Holly White

CRABMEAT APPETIZERS or CANAPES

1 can (7-1/2 oz.) crabmeat
1 jar Old English Cheddar Cheese spread
1 Tbsp mayonnaise
1/2 tsp seasoned salt
1 stick butter
1/4 tsp garlic salt
6 English muffins

Let butter and cheese spread soften to room temperature. Blend all ingredients except muffins. Spread on split English muffins. Freeze 10 min. if for immediate use, then cut in 1/4's or 1/8's and broil until crisp.

Hint: When frozen for longer periods, cut and put under broiler without defrosting.

Doris Clemons
Beth Shaw

CLAM DIP I

1 pkg. (3 oz.) cream cheese
1 can minced clams
dash Worcestershire sauce
dash curry powder
garlic salt
onion salt
Melba toast crackers

Mix and place on crackers. Broil till hot. Serve immediately.

Marjorie Barnett

MUSHROOM TURNOVERS

"Worth the effort!"

3 pkgs. (3 oz.) cream cheese
1/2 cup soft butter
1-1/2 cups flour
1/2 lb. minced mushrooms (canned)
1 lg. onion, minced
1 tsp salt
2 Tbsp flour
1/4 tsp thyme
1/4 cup sour cream

Mix cheese, butter and flour at medium speed until soft dough forms. Chill 1 hr. Cook mushrooms and onion in 3 Tbsp. butter until tender. Stir in salt, thyme and 2 Tbsp. flour until blended. Stir in sour cream. Roll dough thinly (half at a time). Cut with 2-3/4" round cutter. Place 1 tsp. of mixture on each round. Fold over; press straight edge with fork and prick tops. Brush with egg; place on greased cookie sheet. Bake at 450° for 12-15 min. Yield 50.

Hint: Freezes well at point before brushing with egg.

Beth Shaw

SHRIMP MOUSSE

8 oz. cream cheese
3/4 can tomato soup
1 packet unflavored gelatin
1/4 cup boiling water
1 cup celery, chopped fine
1 cup onion, chopped fine
1 cup shrimp, chopped fine
1 cup mayonnaise

Dissove gelatin in boiling water. Gently heat the cream cheese and soup until blended. Add gelatin to soup mixture and blend well. Add the remaining ingredients; blend well. Place in large fish mold. Sets in 2 hrs.

Judy Kusmin

CLAM DIP II

2 pkgs. (8 oz.) cream cheese
2 cans minced clams
2 cans sauteed mushrooms
Worcestershire sauce
garlic

Mix above ingredients. Serve warm.

Bev Molina

CANAPES LA BECASSE ECOSSAISE

6 slices day old white bread
5 Tbsp whipped butter
3 jumbo eggs
2 Tbsp clarified butter
6 Tbsp grated Swiss cheese
6 flat anchovies
4 capers per canape

Remove crusts from bread; cut in half to make two rectangles. Spread bread rectangles with 3 Tbsp. softened whipped butter. Bake at 450° for 5 min., turn and bake an additional 2 min. until nicely browned.

Prepare scrambled eggs. Scramble, stirring constantly, in clarified butter which has been heated to bubbling. Gradually stir in the remaining 2 Tbsp. whipped butter and 2 Tbsp. Swiss cheese. Put egg mixture on toasted bread rectangles, divided evenly. Crisscross 1 anchovy slice, which has been halved lengthwise, over eggs. Dot the four intersecting corners with capers. Cover with remaining Swiss cheese. Bake at 450° for 3-5 min.

Hint: After egg mixture has been placed on bread rectangles, canapes can be refrigerated for several days. The remaining steps should be carried out just before baking and serving, or excess sogginess and saltiness will result.

Lillian Cooper

MARINATED MUSHROOMS

3 lbs. mushrooms
2 Tbsp salt
pinch crushed red pepper
1/4 tsp ground black pepper
1/2 tsp ground white pepper
pinch oregano
1/4 cup sugar
1 Tbsp chopped red onion
1/2 tsp ground garlic
1 pt. wine vinegar
1/2 pt. oil

Wash mushrooms and cut up if desired. Combine all ingredients in a large, covered container. Mix well. Marinate at least 3 days at room temperature.

Carolyn Lumenello
Mary Trout

SALMON PARTY BALL

1 can (1 lb.) salmon
1 pkg. (8 oz.) cream cheese
1 Tbsp lemon juice
2 tsp grated onion
1 tsp prepared Horseradish
1/2 cup chopped pecans
1/4 tsp salt
1/4 tsp Liquid Smoke

Drain and flake salmon, removing skin and bones. Combine salmon, cheese, lemon juice, onion, horseradish, liquid smoke and salt. Chill several hours. Shape mixture into ball; roll in nuts.

Hint: Freezes well.

Beth Shaw

CHILI CON QUESO

"This is good!"

2 Tbsp butter or margarine
1/4 cup finely chopped onion
1 can (29 oz.) tomatoes
1 can chopped green chili
1 lb. Velveeta cheese
dash of garlic salt

Saute onions for 10 min. Add well-drained tomatoes and chili. Cook over heat for 15 min. Add cheese and salt; stir until melted. Use Doritos, corn chips, etc. for dippers.

Carol Woodbury

PEGGY'S CHICKEN YUMMIES

boneless chicken breasts
Italian bread crumbs
2 eggs, beaten
oil

Pound the breasts until they are thin; cut each breast into bite size pieces. Dip pieces into bread crumbs, into beaten egg, and back into the crumbs. Fry in oil until they are crisp; freeze if desired. Bake at 350° for 15 min. or until hot.

Judy Kusmin

POOR MAN'S CAVIAR

1 lg. eggplant
1 cup finely chopped onions
6 Tbsp olive oil
1/2 cup finely chopped green pepper
1 tsp finely chopped garlic
2 lg. ripe tomatoes
1/2 tsp sugar
2 tsp salt
ground black pepper
2-3 Tbsp lemon juice

Peel, seed and finely chop the tomatoes. Preheat oven to 425° and bake eggplant 1 hr., turning it over once or twice until soft and skin is charred and blistered. Cook onions in 4 Tbsp. oil until soft; stir in green pepper and garlic; cook 5 min. longer. Scrape into mixing bowl. Skin eggplant and chop it finely; add to mixture. Add tomatoes, sugar, salt and pepper. Mix thoroughly. Heat remaining 2 Tbsp. oil and pour into eggplant mixture. Bring to boil, stirring constantly. Turn heat to low, cover, and simmer for 1 hr. Remove cover and cook additional 1/2 hr. until moisture has evaporated and mixture will hold shape. Stir in 2 Tbsp. lemon juice and taste for seasoning. Chill 12 hrs. Serve with dark rye, pumpernickel, or sesame seed crackers.

Fran Cooley

TARTARE STEAK CANAPES WITH BELUGA CAVIAR

1/2 lb. top round, ground twice
1 egg yolk
1/2 tsp salt
1/8 tsp fresh ground pepper
1 Tbsp chopped chives
6 slices thinly sliced square pumpernickel bread
1 Tbsp butter, softened
1/2 cup finely chopped parsley
1 jar (2 oz.) black caviar

Combine ground round, egg yolk, salt, pepper and chives in a small bowl. Cut each bread slice into 4 rounds with a 2" cutter. Spread edge of each round with softened butter; roll in parsley to coat. Spread each bread round with a heaping Tbsp. of the beef mixture. Place a dab of caviar in center of each round. Arrange on serving platter and cover with transparent wrap. Chill until serving time. Makes 8 servings of 3 rounds each.

Joan O'Brien

CHEESE AND CRABMEAT DIP

"This is too stiff for chips. Must be kept hot for serving."

1 lg. box Velveeta cheese
1/3 lb. butter
1 lg. can crabmeat, flaked

Melt cheese and butter in double boiler; beat until blended. When smooth, add crabmeat. Serve in chafing dish with butter spreaders and crackers.

Hint: May be frozen.

Bev Molina

SANDY'S CHEESE BALL

2 pkgs. (8 oz.) cream cheese
1 sm. can crushed pineapple
1/2 cup chopped onion
1/2 cup chopped green pepper
1 tsp seasoned salt
1 cup chopped pecans

Soften cream cheese; drain pineapple. Mix all ingredients thoroughly; chill. Serve with crackers.

Sharon Hellstedt

CHEESE-ONION BREAD

"Yummy!"

4 chopped onions
3/4 stick butter
Kraft Cheddar Cheese
Pepperidge Farm Party Rounds

Fry onions slowly in butter. Put about 1 tsp. onion on top of bread and cover with one thin slice of cheese. Sprinkle with paprika. Heat at 350° until cheese is bubbly.

Hint: Can be made ahead and refrigerated. Kraft Cracker Barrel Cheese is recommended.

Judy Kusmin

FROZEN COCKTAIL

juice and rind of 1 lemon
juice and rind of 1 orange
2 lg. bananas
1 cup crushed pineapple
1 cup sugar
1 sm. bottle gingerale

Grate rind of lemon and orange; mash bananas to a pulp. Combine all ingredients. Freeze in refrigerator tray. Stir occasionally. Serve with Ritz crackers.

Carlene Craib

ROQUEFORT CHEESE LOG

2 pkgs. (3 oz.) cream cheese
2 oz. crumbled Roquefort or Bleu Cheese
2 Tbsp finely chopped celery
1 Tbsp minced onion
2 drops Tabasco sauce
dash cayenne pepper
1 cup chopped walnuts

Soften cream cheese; mix with the Roquefort or Bleu Cheese. Add celery, onion, Tabasco sauce and pepper. Chill. Shape into roll 1-1/2" in diameter and coat with walnuts. Refrigerate until firm. Serve with crackers.

Pat Wotruba

CHEESE AND MUSHROOM CANAPES

"Easy and yummy."

1/4 lb. mushrooms
1 Tbsp butter
1 pkg. (8 oz.) cream cheese
salt
pepper
sm. rounds of bread (30)
1 tsp minced onion

Cook mushrooms for a few minutes in 1 Tbsp. butter. Mix mushrooms with cream cheese and minced onion. Toast small rounds of bread on one side and spread the untoasted side with cream cheese-mushroom mixture. Refrigerate or freeze. Broil until puffy and brown.

Hint: Can be frozen, or made up to 2 days ahead and refrigerated.

Nanci Bohne

RAW VEGETABLE DIP

"The beaumonde seasoning may take a little time to find, but it's worth the trouble."

2/3 cup mayonnaise
2/3 cup sour cream
1 Tbsp shredded green onion
1 Tbsp shredded parsley
1 tsp dill weed
1 tsp beaumonde seasoning

Blend ingredients and chill for at least 1 hr. Serve with raw strips of green pepper, carrot, sliced mushroom, cauliflower, celery or cherry tomatoes. Serves 4.

Judy Corbett

LIVER PATE

1/4 cup vegetable oil
1 lb. liver
2 Tbsp unsalted butter
1 carrot, scraped and chopped
1 cup onion, chopped
1 Tbsp parsley
1-1/2 tsp salt
1/8 tsp pepper
1/8 tsp nutmeg
2 Tbsp butter
2 hard cooked eggs

Dice liver in 1/2" pieces; fry until golden brown. Add butter, carrot and onion; cook until soft. Stir in parsley and blend till smooth. Add salt, pepper and nutmeg; beat in butter and chopped eggs. Puree mixture until smooth. Pour into mold and refrigerate 12 hrs. before serving.

Hint: Can use chicken or calf liver. Blender helps to make pate smooth.

Fran Cooley

BLINTZES

1 egg
1/8 cup sugar
salt
pepper
8 oz. soft cream cheese
1 cap vanilla
1 lg. loaf white bread, sliced
sugar-cinnamon mixture
1/4 lb. butter, melted

Beat first 6 ingredients with hand beater. Cut off crust of bread; roll the bread thin. Put mixture on bread with knife and roll up. Melt butter and dip bread into this, then into sugar-cinnamon mixture. Place in refrigerator until cold; cut in thirds. Freeze. When ready to serve, place frozen blintzes in oven for 15 min. at 350°.

Judy Kusmin

FONDUTA (ITALIAN CHEESE FONDUE)

1 garlic clove
1 lb. fontina, Gruyere or Bel Paese cheese, diced
3/4 cup dry white wine
1 Tbsp butter
2 tsp potato flour
dash nutmeg
salt
white pepper

Rub top part of double boiler with split garlic clove. Add cheese, butter and wine. Cook mixture over simmering water, stirring frequently, until cheese is creamy and well blended. Stir in remaining ingredients. Cook the mixture for 5 min. The fonduta should be slightly thickened but still fluid. Stir in more wine if too thick. Serve in fondue pot with crusty bread, buttered toast, or Italian breadsticks.

Bev Molina

EASY SHRIMP DIP

1 pkg. (8 oz.) cream cheese, softened
1 bottle (4 oz.) shrimp cocktail

Cut shrimp up into small pieces. Mix well with cream cheese, using fork. Chill. Serve with Bugles or other firm "dippers."

Ellen Bazer

PARTY APPETIZER BALL

1 lb. liver sausage
(liverwurst)
1/4 cup mayonnaise
2 Tbsp dill pickle juice
1 tsp Worcestershire sauce
3 drops Tabasco sauce
1/4 tsp garlic salt
2 pkgs. (8 oz.) cream cheese
1/3 cup chopped pickle relish
1/4 cup finely chopped onion
chopped pecans

Mash sausage. Add next five ingredients and one package of cream cheese; blend well. Stir in relish and onion. Pack firmly into small mixing bowl lined with aluminum foil; chill until firm. Remove from bowl and remove foil. Frost with second package of cream cheese and cover with chopped pecans.

Hint: Soften cream cheese with milk so it will spread evenly.

Bev Molina

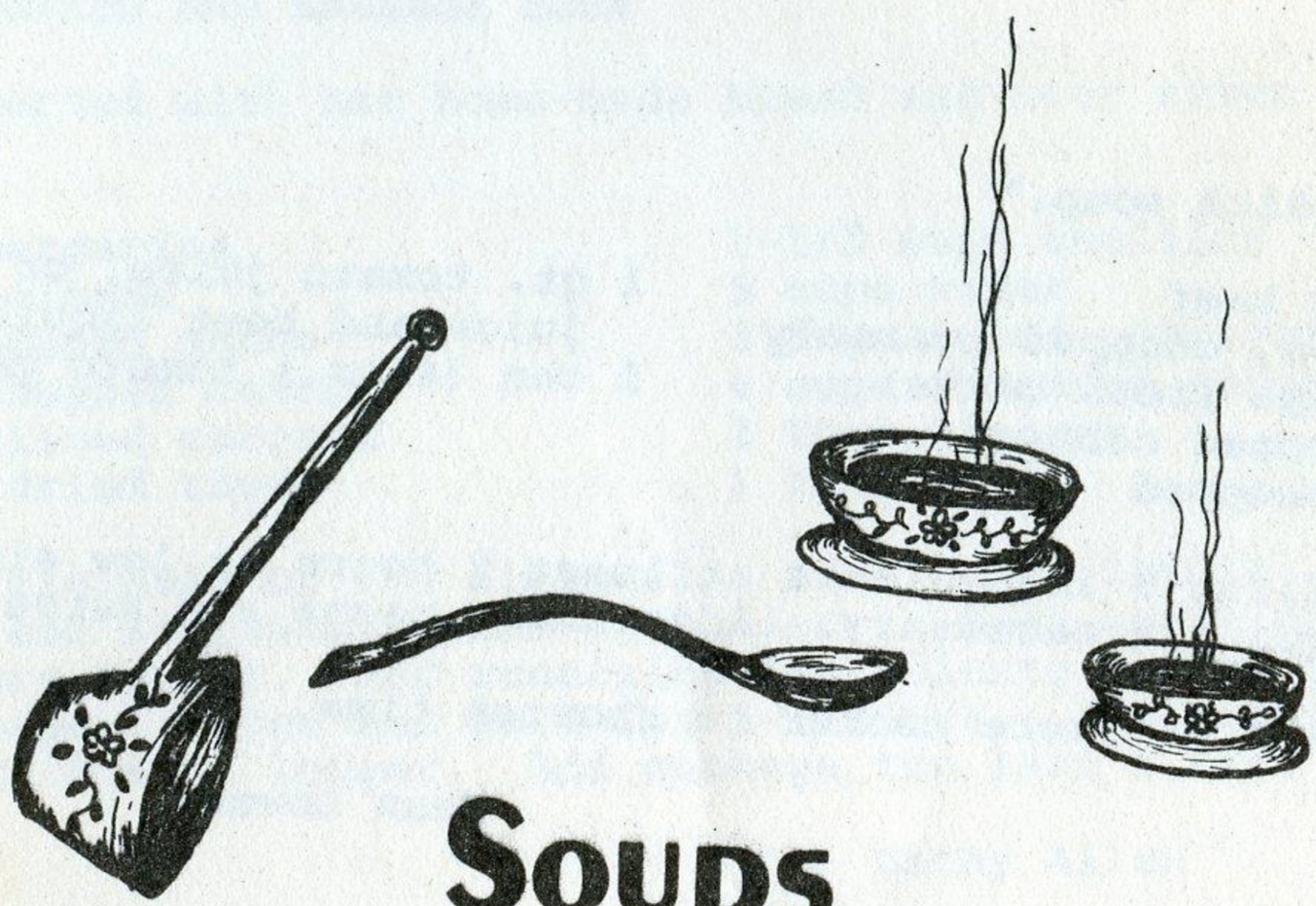
CHOPPED LIVER

3/4 lb. liver (beef or
chicken)
3 hard boiled eggs
2 lg. onions
salt to taste
pepper
3 Tbsp chicken fat

Bake or broil the liver, being careful not to let it get overdone. Chop very fine and mash with chopped eggs and diced onion. Add seasonings and chicken fat. Mix and mash to pate consistency.

Hint: This can be a low calorie treat if prepared somewhat differently. Cube the liver, puree it in the blender with just enough chicken bouillon to moisten. Then add eggs and onion to blender until all is well mixed and a great spreading consistency.

Sylvia G. Weinstein



Soups

Whether cool as gazapacho, or hot and hearty as pea soup... soups can be the prelude to a full course dinner or the makings of a simple supper.

GOVERNOR MICHAEL DUKAKIS' CLAM CHOWDER

several qts. clams or quahogs
2 cups water (broth)
1/4 lb. butter
1-3/4 cups onions
2 Tbsp flour
2-1/2 cups potatoes
2 cups celery
1 bay leaf, quartered
2-1/2 tsp salt
1/2 tsp Accent
1/4 tsp pepper
4 cups milk
1 cup medium cream
1 cup sour cream

Saute thinly sliced onions in 5 tsp. butter approximately 5 min. Remove from heat; add flour and mix. Gradually add broth. Cut potatoes into 1/2" cubes; coarsely chop celery. Add potatoes, celery, seasonings and most of clams to above mixture. Simmer until potatoes are tender.

Scald milk, remove from heat. Add cream and sour cream. Beat with beater until smooth. Reheat slowly (don't boil). Add to potato mixture with rest of clams. Heat 5 min. Remove bay leaf pieces and top with remaining butter.

BORSCHT I

"A rich, thick soup."

1 lb. stew beef
1 can beets, chopped coarsely
(or 2 cups fresh beets)
2 cups chopped cabbage
1 onion, chopped
1 qt. tomato juice, or part juice and beet liquid
1 can (6 oz.) tomato paste

Overcook first 5 ingredients at least 2 hours on low simmer, adding liquid if necessary. Add tomato paste and serve hot.

Hint: Use a pressure cooker to shorten time.

Jean Downey

TYROLESE PEA SOUP (Austrian)

1/2 cup split peas
4 cups water
1 tsp salt
2 Tbsp butter
1/4 cup diced celery
1 lg. potato, diced
1 lg. onion, sliced
1 Tbsp chopped parsley
1 Tbsp flour

Cook peas, water and salt until peas are soft; sieve peas and return to water. In separate pan, melt butter; add celery, potato, onion and parsley. Cook until vegetables are tender. Stir flour into butter and vegetable mixture. Combine two mixtures; simmer 15 min. Serves 6.

Nancy Mather

POLISH POTATO AND SAUSAGE SOUP

"Great served with hot home-made bread and beer after winter sports!"

2 Tbsp margarine
1 lb. Kielbasa
1 cup chopped onion
2 cups chopped celery
2 cups sliced carrots
1/2 tsp dried thyme
1-1/2 cups bouillon (or cube)
5 cups water
3 cups cubed potatoes
4 cups shredded cabbage
2 Tbsp vinegar
1 Tbsp salt

Cut the Kielbasa on the diagonal. In a large kettle, melt margarine; add Kielbasa, onion and celery. Cook until onion and celery are tender. Add remaining ingredients except potatoes and cabbage. Cover and cook for 1-1/2 hrs. Add potatoes and cook 20 min. longer. Add cabbage the last 8 min. Serves 6.

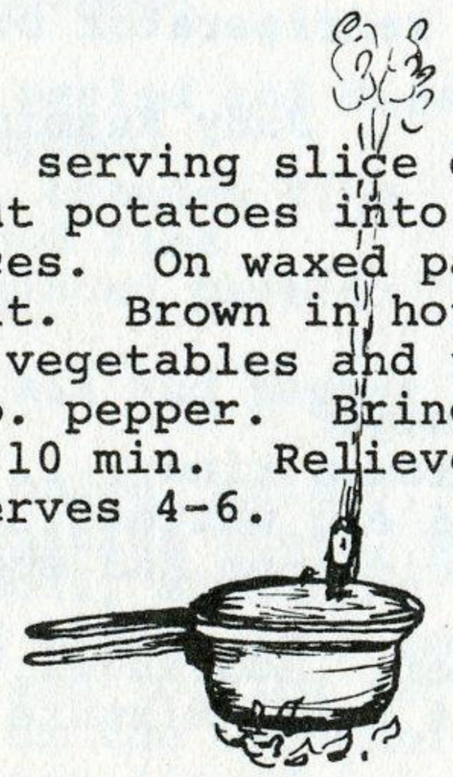
Cathy Allen

PRESSURE COOKER WINTER SOUP

"Served with corn bread it's a complete meal."

2 med. onions, peeled
3 lg. pared carrots
3 stalks celery
salt (to taste)
3 Tbsp butter
2 lg. pared potatoes
2 lbs. chuck beef, cut up
1/2 cup unsifted flour
pepper (to taste)
2 cans (12 oz.) V-8 juice

One hour before serving slice onions, carrots and celery into 3/4" pieces. Cut potatoes into 1" cubes. Trim meat and cut into 1-1/2" pieces. On waxed paper combine dry ingredients, roll meat to coat. Brown in hot butter in pressure cooker (no rack). Add vegetables and toss. Pour in V-8; add 1 tsp. salt and 1/4 tsp. pepper. Bring pressure to 15 pounds. Simmer on low heat for 10 min. Relieve pressure by water, not directly on air vent. Serves 4-6.



Fran Bator

MUSHROOM SOUP

"The measurements determine the thickness. Experiment a little. It's worth all the indecision."

mushrooms
salt
pepper
onion
celery
potatoes (sliced)
caraway seed (optional)
3 Tbsp margarine
flour

Chop and slice mushrooms. Boil in small amount of water to clean. Drain water. With new water mix margarine, seasonings and onion. Add celery at boiling point with mushrooms. Cook until mushrooms are tender. Keep checking water level. Add potatoes when all other ingredients are cooked. Melt 3 Tbsp. margarine in saucepan. Add small amount of flour and let it brown lightly. Add to the soup, stirring. Let boil a short time to thicken. Serve hot.

Sylvia G. Weinstein

STRAWBERRY SOUP

1 qt. strawberries
1 pt. sour cream
1 cup sugar
1/2 cup heavy cream

Put strawberries through grater. Blend all ingredients in the blender 90 seconds. Store in refrigerator overnight.

Judy Kusmin

WHITE WINE SOUP

2 Tbsp flour
6 egg yolks
1 bottle white wine
1 bottle water
sugar
lemon rind
6 egg whites
cinnamon and sugar

Mix first four ingredients together. Add sugar to taste. Add lemon rind and stir over high heat until mixture begins to boil.

WHITE WINE SOUP (continued)

Remove from heat and pour into soup tureen. Beat egg whites until stiff. Add 1 Tbsp. sugar and drop by spoonful onto soup. Sprinkle with cinnamon and sugar. Cover the tureen so the meringue will cook. Serves 8-10.

Rosemarie Koester

BORSCHT II

1/2 cup carrots
1 cup onions
2 cups beets
1 Tbsp butter
2 cups beef or other stock
1 cup finely shredded cabbage
1 Tbsp vinegar
1 Tbsp sour cream
grated cucumber

Peel carrots, onions and beets, then chop till fine. Barely cover with boiling water; cover and simmer 20 min. Add the remaining ingredients and simmer 15 min. more. Place soup in bowls and add to each the sour cream which has been mixed with cucumber. Serve hot or cold with pumpernickel bread. Makes about 5 cups.

Fran Cooley

VEGETABLE CLAM CHOWDER

1 med. potato, peeled and diced
1 sm. onion, chopped
2 stalks celery, chopped fine
2 carrots, chopped fine
1/4 cup finely minced parsley
1 bay leaf
1/8 tsp each, basil and pepper
1 can chicken broth
1 cup water
1 tsp salt
1 can (1 lb.) solid-pack tomatoes, pureed
2 Tbsp each, butter and flour
2 cans (10 oz.) whole baby clams

Combine potato, onion, celery, carrot, 2 Tbsp. parsley, bay leaf, basil, pepper, chicken broth, water, salt and tomatoes. Cover and bring to a boil, simmering gently until vegetables are just tender (about 10 min). In a small pan heat butter and blend in flour, stirring and cooking about 1 min. Gradually stir in 1/2 cup of the liquid from the vegetables. Stir this sauce into the soup. Add clams and their liquid and bring to a boil, stirring. Remove from heat and ladle chowder into serving dish. Sprinkle remaining 2 Tbsp. parsley over all and serve at once. Serves 6-8.

Nancy Mather

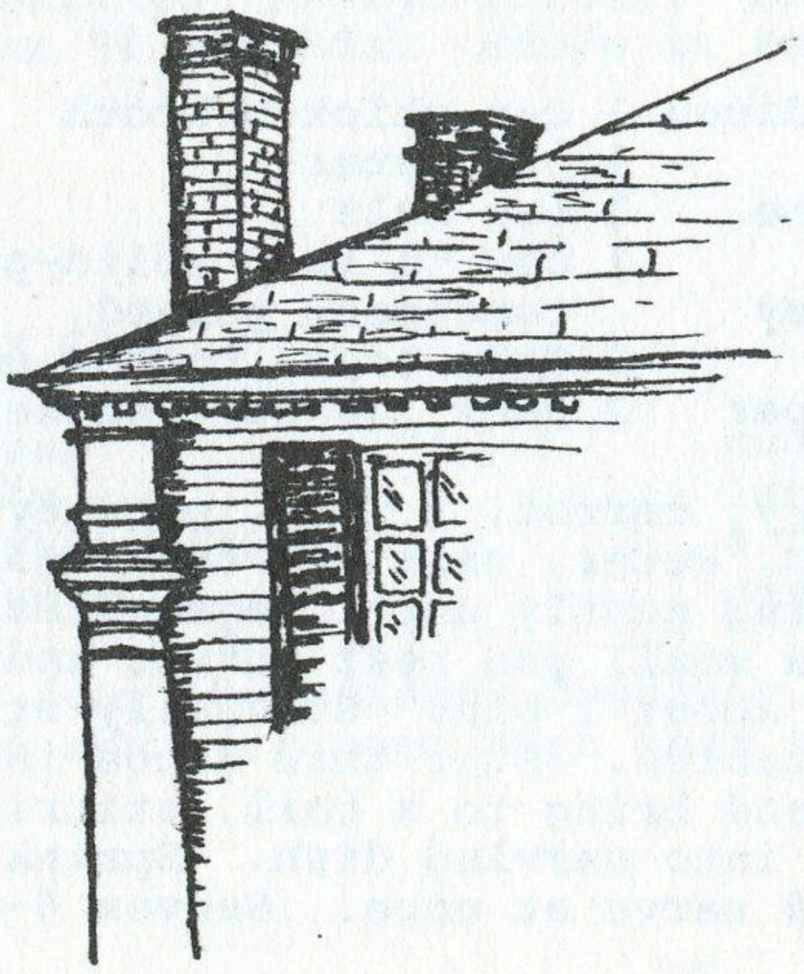
CREAM OF CARROT SOUP

7-1/2 cups chopped carrots
1-1/2 cups chopped potatoes
1-1/4 cup chopped onion
3/4 stick butter
6 cups chicken stock or broth
1 bay leaf
salt
white pepper
3 cups milk

In a large saucepan saute carrots, potatoes and onions in butter for 10 min. Cook the vegetables, covered with a buttered round of wax paper around the lid, over moderate heat for 10 min. Add chicken stock, bay leaf, salt and pepper. Simmer the soup, covered, for 45 min. or until the vegetables are very tender. In a blender puree the mixture in 3 or 4 batches and transfer it to a saucepan. Stir in milk and season with salt and pepper. Serve hot. Serves 12.

Hint: Can be made day before. Store in refrigerator and reheat before serving.

Mary Trout



Detail from the Main St. home of Miss M. Winnek. A copy of a Salem, Massachusetts home.

SURPRISE SOUP

"The surprise is the vegetables you decide to add."

Steak bones
Pork roast or chop bones
2 qts. water
celery
onion
garlic
salt and pepper
1 can tomato soup
any vegetables
cabbage
1/4 cup elbow macaroni or some noodles

Boil bones in water 1 hour with celery, onion and seasonings. Remove bones and add 1 can tomato soup, vegetables and noodles.

Hint: Keep plastic container in freezer and add leftover vegetables (be it 1 Tbsp. or 1 cup) each night. Use this variety for the soup.

Pat Wotruba

CHEDDAR CHEESE SOUP

4 Tbsp butter
1/4 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chopped carrots
5 Tbsp flour
3 cans (10-1/2 oz.) condensed chicken broth, undiluted
2 cups milk
3 cups grated, sharp-natural cheddar cheese (3/4 lb.)
1/4 tsp salt
dash of pepper
1/2 cup croutons (optional)
chopped parsley
1/4 to 1/2 cup white wine

In 3 quart saucepan, cook onion, green pepper and carrots 10 min. in hot butter, stirring constantly. Remove from heat, stir in flour; mix well. Cook 1 min., stirring constantly. Add part of broth mixture until thin enough to put in blender. Blend until smooth. Put back on heat, add remaining broth; bring to a boil, stirring constantly. Gradually stir in the cheese; cook over medium heat, stirring until cheese melts. Gradually add milk. Season with salt and pepper. Bring just to boiling. Do not boil. Add wine. Serve with croutons, sprinkle with parsley. Serves 4-6.

Hint: Tastes best if made ahead and kept in refrigerator. Can be thinned if necessary with cream and more wine.

Fran Bator

HAM AND BEAN SOUP

1 pkg. pinto beans or kidney beans
2 smoked ham hocks or 1 ham bone
2 med. onions
1 lg. can tomatoes

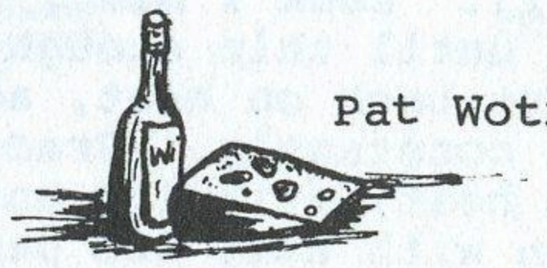
Soak beans overnight in enough water to cover. Drain. Put beans into a Dutch oven or a crock pot slow cooker. Add ham hocks or ham bone, the onions and 2 quarts warm water. Cover and simmer 7 hrs. Blend or sieve the tomatoes and add to the beans. Remove ham hocks or bone, trim meat and return to soup, discarding bones and fat. Add salt to taste. Mixture can be thinned with water if too thick.

Betsy Harpley

FRENCH ONION SOUP

1-1/2 lbs. or 5 cups thinly sliced onions
3 Tbsp butter
1 Tbsp oil
1/4 tsp sugar
1 tsp salt
3 Tbsp flour
2 qts. boiling beef boullion
1/2 cup dry wine or vermouth
salt and pepper
3 Tbsp cognac
Rounds toasted French bread
1-2 cups grated Swiss cheese

Cook onions, butter and oil in covered 4 quart pot (15 min.). Uncover and stir in salt and sugar. Cook 30-40 min. at moderate heat until onions are brown. Sprinkle in flour and stir 3 min. Remove from heat and add boiling beef bouillion, wine, salt and pepper. Simmer partially covered 30-40 min. Just before serving add cognac. Garnish with toast rounds and cheese. Serves 6-8.



Pat Wotruba

MINESTRONE SOUP

"This is an excellent soup to use any leftover vegetables. The more you add the better it gets."

4 Tbsp butter
1 cup frozen green beans
1 cup diced zucchini
1 cup diced carrots
1 cup diced potatoes
1/3 cup diced celery
2/3 cup chopped onion
1 bay leaf
1 tsp parsley
1 tsp salt
1 can (16 oz.) tomatoes, chopped
1/2 cup rice
2 qts. water
1 chicken body

Cook chicken in water for 1 hour. Bone, shred and return meat to water. Melt butter in large skillet. Add peas, zucchini, carrot, potatoes and celery. Saute until soft, approximately 5-10 min. Add onion and sauteed vegetables to the water. Add bay leaf and salt; bring to a boil. Simmer 30 min. Remove bay leaf. Add rice and cook 20 min. Garnish each serving with parmesan cheese.

Polly Curran

TOMATO SOUP

1/2 cup butter
1 med. onion, chopped (1/2 cup)
1/4 cup chopped celery
1/4 cup chopped scallions
3 cans (1 lb.) tomatoes
(Progresso peeled plum or pear)
1 can (10 oz.) beef boullion
2 tsp salt
1/4 tsp crumbled basil
1/4 cup flour
1/4 cup dry vermouth
1 cup light cream

Melt 1/4 cup butter in large, heavy saucepan. Saute onion, celery and green onions until soft. Add tomatoes, beef boullion, salt and basil. Bring to boil, lower heat, simmer uncovered 30 min. Remove from heat. Cool slightly. (Finger test!) Pour part of soup at a time into blender, blend until smooth. Strain back into saucepan. Blend rest of butter with flour until all of the flour is incorporated. Bring soup to boil. Drop butter mixture into hot soup, a little at a time, stirring after each addition until thickened. Add dry vermouth and light cream. Heat until just hot. Do not boil. Serves 4-6.

Fran Bator

CREAMY BEAN SOUP

"This is delicious, creamy, smooth and tasty!"

1 cup white beans
2-1/2 cups water
salt and pepper to taste
1 clove garlic
3/4 cup sour cream
1 Tbsp vinegar
1 Tbsp flour
1 Tbsp shortening

Soak the beans overnight. Remove shells. Cook in water; add salt, pepper and garlic. Add the roux (flour and shortening which have been mixed smoothly and cooked together). Cook until tender. Add sour cream. Stir thoroughly; then add the vinegar slowly, stir thoroughly. Serves 4.

Rosemarie Koester

CREAM OF ZUCCHINI SOUP

2 Tbsp butter
8 scallions, sliced
1 lg. or 2 sm. zucchini, sliced
3 cups chicken boullion
salt and pepper to taste
nutmeg to taste
1 cup cream

Saute scallions in butter. Add zucchini and boullion. Simmer until tender. Place in blender; puree. Add salt, pepper and nutmeg. Heat to serve. Add cream. Serves 4.

Hint: Can be served cold. Can be frozen or refrigerated after addition of seasonings.

Sharon Hellstedt

CLAM CHOWDER

1/4 lb. bacon or salt pork, finely cut
1 med. onion
liquid from 2 cans (8 oz.) minced clams
3 cups finely diced potatoes
3/4 cup water
3 Tbsp flour
3 Tbsp butter
2 cans (8oz.) clams
3 cups milk
1-1/4 tsp salt
1/8 tsp pepper

CLAM CHOWDER (continued)

In large kettle, saute bacon and onion. Add liquid, potatoes and water. Cook until potatoes are tender (about 10 min.). Turn off heat. Cream flour and butter; add to above mixture. Add the clams, milk, salt and pepper. Heat until boiling or slightly thickened. Store in refrigerator and reheat right before serving.

Hint: Omit flour and butter mixture if thinner broth is desired.

Joan O'Brien

SPANISH STYLE GAZPACHO

"Great for a summer meal, right out of your garden."

2 cloves garlic
1 bunch scallions, trimmed and coarsely chopped
1 cucumber, peeled and sliced
3 tomatoes, peeled and chopped
1 green pepper, seeded and chopped
1 cup watercress sprigs, stems removed
8 sprigs parsley
4 eggs
3/4 tsp salt
1/4 cup wine vinegar
1 cup tomato juice
1/4 cup salad oil
1/4 tsp cayenne pepper
1/2 tsp (or to taste) crushed cumin seed

Blend first eight ingredients in blender or cut in small pieces. After the vegetables are blended, season with salt, cayenne and cumin. Add vinegar, oil and tomato juice. Chill. Serve in chilled dishes. Serves 6-8.

Carol Woodbury

CREAM OF AVOCADO SOUP

2 cans condensed cream of chicken soup
2 avocados
1 cup cream
1/4 tsp white pepper
chives

Place soup in saucepan and stir until smooth and at the boiling point. Remove from heat and chill. Puree avocado in blender or put through sieve. Add to soup along with cream and pepper. Serve hot or cold. Garnish with chives. Serves 4.

Sharon Hellstedt

CREME OLGA

3 bunches scallions, chopped fine
5 cups chicken stock or broth
3/4 lb. mushrooms, sliced very fine
3/4 cup heavy cream, whipped
1-1/4 cups light cream
1/4 lb. sweet butter, softened
1 Tbsp salt
1/2 tsp white pepper

Beat butter until light and fluffy. Add scallions (include green tops as well as white.) Mix well and put in a heavy pan. Add salt and pepper. Cover and cook slowly for 10 min. to soften scallions. Remove from heat and blend in 2 Tbsp. flour until smooth. Gradually add chicken stock. Bring to a boil and simmer 10 min. Add 1/2 lb. mushrooms. Put in blender or through food mill and puree until perfectly smooth. Add light cream and reheat. Add reserved 1/4 lb. mushrooms. Garnish with 1 Tbsp. whipped heavy cream sprinkled with a few grains cayenne or chopped chives.

Hint: May be made ahead through the blender stage.

Roberta Panagakos

MEATS

From a stew to filet mignon...meats provide the substance of a traditional meal.

PEASANT PORK ROAST*
Potatoes Anna*
Herbed Green Beans*
Creme Carmel*

PEASANT PORK ROAST

2 Tbsp coarse salt or
  1 Tbsp regular salt
1/2 tsp dried thyme
1/4 tsp powdered clove
1/4 tsp powdered cinnamon
1/4 tsp nutmeg
1 sm. bayleaf, crushed
fresh ground pepper
4 lb. pork loin (rib or
  loin end)

Day before or early in the day mix together a dry marinade of all ingredients except roast. Rub marinade mixture well over all surfaces of the roast; refrigerate until roasting time. Roast at 350° for 35-40 min. per pound.

Ellen Harde

CHILI

"The longer it cooks the better!"

2 lg. onions, chopped
1 clove garlic, chopped
1 lb. stew beef (I use more)
hot green peppers
2 tsp chili powder
1 tsp salt
1/2 tsp cumin seed
1 can tomato sauce

Combine all ingredients and cook over low heat. Add hot green peppers at end. Makes 5 servings.

Fran Bator

SKILLET VEAL PARMIGIANA

"Easy, quick and cheap! A favorite with everyone who's tried it!"

1 Tbsp margarine
4 frozen breaded veal patties (1 lb.)
1 can (1 lb.) tomatoes
1 tsp sugar
1 tsp oregano
1/2 tsp basil
1/2 tsp salt
1/4 tsp pepper
1 pkg. (6 oz.) sliced mozzarella cheese
grated parmesan cheese

Heat margarine in large skillet; brown veal patties on each side. Remove from skillet and cut in half. Add tomatoes to same skillet, mashing with fork (reserve juice; add to sauce later, if necessary). Stir in sugar, oregano, basil, salt and pepper. Cook, uncovered, stirring often, 5 min.

Arrange veal on sauce in skillet; top each patty with mozzarella cheese. Sprinkle with parmesan cheese. Cover, cook over medium heat 10 min., or until cheese melts. Serves 4.

Claire Gillen

QUICK HAMBURG CASSEROLE

"This is a quickie recipe and the children love it."

2-1/2 lbs. hamburg
3 eggs, beaten
1 med. onion
salt (Lawry)
cracker crumbs
2 cans cream of chicken soup
1 can water
1 tsp Worcestershire sauce
2 lbs. Taters (potato)

Mix the first three ingredients. Place in 9x13 pan. Put on the potato taters and then the crumbs. Pour over it the two cans of cream of chicken soup, one can water, 1 tsp. Worcestershire sauce and Lawry salt. Bake at 425° for 45 min. Serves 8-10.

Gale Kenyon

BAKED LAMB CHOPS

4 shoulder lamb chops (round bone)
1/2 cup white wine
1/4 cup chili sauce
1 med. onion, chopped
1 sm. clove garlic, chopped
1/2 green pepper, chopped
salt and pepper
oregano

Mix all ingredients and pour over chops. Marinate for 2-3 hrs. Bake in 350° oven for 3/4 hr. covered and 3/4 hr. uncovered. Baste periodically.

Bev Molina

HAGGIS

8 oz. lamb liver
4 oz. beef suet
2 onions
1 cup oatmeal
salt
pepper

Cover the liver with water and boil for 40 min. Drain and keep the liquid. Mince the liver finely. Parboil the onions, then chop finely with the suet. Drain the oatmeal by tossing quickly in a heavy pan over medium heat. Combine liver, suet, onions, oatmeal and seasonings. Moisten with liver broth. Turn into greased bowl; cover and steam 2 hours.

Joan Arnold

EDITH LUMENELLO'S ITALIAN MEAT BALLS

2 lbs. lean hamburg
1 lb. ground pork
3 eggs
1/2 cup romano cheese
1 Tbsp parsley
1 Tbsp salt
1 tsp fennel seed
1 tsp oregano
1 tsp pepper
1 tsp garlic powder
1 minced onion
1 cup bread crumbs
dash red pepper

Combine ingredients, shape into balls. Brown in hot fat, add to spaghetti sauce and simmer 6-8 hours.

Spaghetti Sauce:

5 slices salt pork
lamb pieces
4 cloves garlic
meatballs
1 onion, diced
5 cans (6 oz.) tomato paste
1 Tbsp fennel seed
1 Tbsp salt
1/2 tsp pepper
3 Tbsp parsley
1/4 tsp hot pepper
1/2 tsp garlic salt
4 bay leaves
oil
8 qts. heated, mashed tomatoes

Saute pork and garlic. Remove garlic. Add 3 Tbsp. oil. Brown lamb pieces and meatballs, remove meat and set aside. Add the onion and cook until transparent. Add next 8 ingredients and cook until paste turns deep red. Add to it 8 quarts heated mashed tomatoes. Simmer 8-10 hours. Skim fat off top occasionally. Makes about 10 quarts sauce with meat.

Hint: Other meats can be added; Italian sausage, chicken pieces. Add them with the paste mixture.

Carolyn Lumenello

FAMILY FAVORITE

"This is a quick, easy way to serve ground beef. Aptly named since kids and husbands really do enjoy it."

1-1/2 lbs. ground beef
1 sm. chopped onion
1 shredded carrot
2 Tbsp flour
seasoned salt
pepper

FAMILY FAVORITE (continued)

Cook beef and onion until lightly browned, breaking up meat with fork. Add carrot. Blend flour and 1/2 cup water; stir into the mixture. Cook, stirring, until thickened. Season to taste.

Hint: Serve on mashed potatoes.

Sherry McGovern

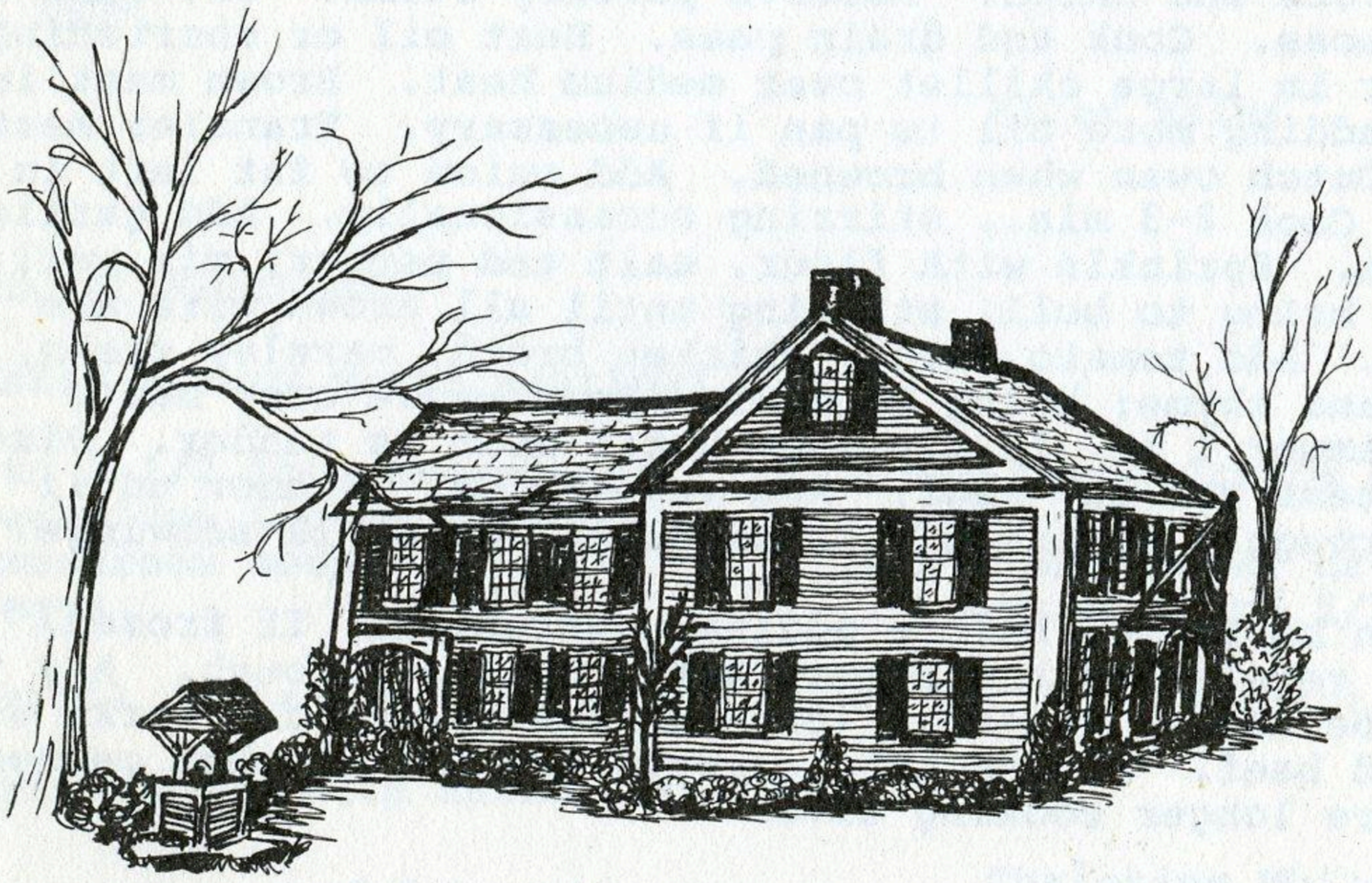
STUFFED, BREADED PORK CHOPS

"Elegant enough for company."

8 thin pork chops
prepared stuffing mix
Shake & Bake coating mix (pork or chicken)

Make 1 cup of stuffing mix according to directions. Spread between two of the chops, making four "sandwiches", hold with toothpicks. Brush both sides with water, sprinkle both sides with Shake & Bake mixture. Place on rack in broiler or roasting pan. Bake at 425° for 30 min. or until crisp, brown and cooked through. Serves 4.

Claire Gillen



Eighteenth century house.

SUZETZA AND WILD RICE

1 box Uncle Ben's combined wild rice and white rice
1 can mushroom soup
1 can milk
2 lbs. mild Italian sausage

Brown sausage; cook rice according to package directions. Add soup and milk. Mix all together. Bake at 350° for 1 hr., uncovered.

Leslie Lee

LAMB NAVARIN

2 Tbsp pure vegetable oil or shortening
2 Tbsp butter or maragarine
6-8 lbs. shoulder of lamb
2 cups chopped onion
2 cloves garlic, minced
1/4 cup all-purpose flour
1 tsp salt
1/4 tsp pepper
2 cups dry white wine
2 cans (8 oz.) tomato sauce
2 cans (13-3/4 oz.) chicken broth
1/4 cup chopped parsley
1 bay leaf
1/2 tsp leaf thyme, crumbled
2 cups fresh or frozen peas
2 cans (1 lb.) sm. carrots
2 cans (1 lb.) sm. white onions

Drain carrots and onion. Reserve parsley stems. Cut lamb in 1-1/2" pieces. Cook and drain peas. Heat oil or shortening and butter in large skillet over medium heat. Brown meat in batches, adding more oil to pan if necessary. Transfer meat to large Dutch oven when browned. Add onion to fat left in skillet. Cook 2-3 min., stirring occassionally. Add garlic; cook 1 min. Sprinkle with flour, salt and pepper; mix well. Add wine; bring to boil, stirring until all brown bits are dissolved. Add tomato sauce, chicken broth, parsley stems, bay leaf and thyme; bring to boil. Pour sauce over meat; cover. Simmer 1 hr. 15 min., or until meat is tender. Discard parsley stems and bay leaf. Add vegetables. Simmer until heated through. Sprinkle with parsley. Makes 12 servings.

Hint: Can be frozen before adding vegetables. If frozen, thaw, add vegetables and simmer until heated through. Any type wine may be used. Potatoes (canned) may be added. Works well with cubed beef. Frozen baby carrots are better than canned, but require longer cooking time.

Nanci Bohne

STUFFED CABBAGE

2 lbs. ground beef
2 eggs
bread crumbs
seasonings
2 med. cabbages, fresh or frozen

Parboil cabbage until soft if fresh; defrost if frozen. Mix ground beef with eggs, bread crumbs and seasonings. Form into small balls. Roll in cabbage leaves. Place in large dutch oven (may need two pans).

Sauce:

1 lg. (20 oz.) bottle of ketchup
1 lg. ketchup bottle of water
1 can (8 oz.) tomato sauce
8 ginger snaps, crushed
1/4 cup brown sugar
1/8 cup lemon juice
raisins

Mix sauce ingredients except raisins. Pour over cabbage rolls. Bring to a boil. Cover and simmer 1 hr. Add more brown sugar and/or lemon juice; should be tangy. 15 min. before done, preheat oven to 350°. Sprinkle raisins in bottom of large roasting pan (or two 9x13 pans). Put cabbage rolls in single layer. Pour sauce over. Bake 1 hr. Check to keep tops from burning; baste occasionally.

Hint: Freezes well. When defrosted, heat, covered, 30 min. at 350°.

Ellen Bazer

SPECIAL MEATLOAF

"Makes a very moist meatloaf."

1 to 1-1/2 lbs. ground meat
1 envelope Lipton beef-mushroom soup
2 eggs
1 cup bread crumbs or stuffing mix
1-1/2 cups water or 1 cup milk and 1/2 cup water

Mix all ingredients together. Bake at 350° at least 1 hr.

Hint: Serve with baked potatoes.

Christine White

SPAGHETTI SAUCE

1 lg. can tomatoes
2 onions
1/2 tsp garlic powder
1 lg. can tomato paste
1/4 cup sugar
1/2 tsp black pepper
1 lb. ground beef (more if you prefer a meatier sauce)

Blend tomatoes and onions. Put all ingredients into a dutch oven or kettle. With a large cooking fork or large wire whip, break up and stir meat into mix. Cover and let simmer for 3 hrs., lifting lid and stirring meat frequently to keep it from clumping together. After 3 hrs., add 2 whole bay leaves. Cover and cook 3 hrs. more. If to be used the same day, cook the last 2 hrs. uncovered.

Hint: Divide sauce into two parts. Use one batch for a single meal. With the other batch, combine it with cooked spaghetti to serve 6; mix well. Put into casserole and stir in 1/2 cup Parmesan cheese and 1/4 cup parsley. Bake, covered, for 45 min. Can be eaten that day or frozen for a future meal.

Betsy Harpley

TOP HATTER FRANKFURT CASSEROLE

1 can (10 oz.) condensed bean and bacon soup (undiluted)
1-1/4 cups water
2 Tbsp prepared mustard
8 oz. can refrigerated biscuits
1 chopped med. onion
1 chopped green pepper
1/2 cup chopped celery
1 lb. all-meat frankfurters

Cut frankfurters in 1" slices. In large saucepan, mix soup and water. Stir in mustard, onion, green pepper, celery and frankfurters. Boil gently 5 min. Pour into casserole dish. Top with biscuits. Bake at 375° for 20 min. Serves 8.

Hint: 290 calories per serving. Diabetic exchanges per serving: 1 meat, 1 bread, 1 "B" vegetable and 2 fat.

Mary Woodward

HAM ASPARAGUS ROLLS AU GRATIN

1-1/3 cups cooked rice
3 tsp butter
3 tsp flour
3/4 tsp salt
2 cups milk

1 cup shredded Swiss cheese
8 slices cooked boneless ham
1 pkg. asparagus
1/4 cup shredded Parmesan

Cook rice; cook asparagus. Melt butter in saucepan. Stir in flour and salt until smooth. Add milk and Swiss cheese, stirring constantly until sauce thickens. Blend 1 cup sauce into rice. Spoon equal amounts of rice mixture onto the narrow ends of the ham slices. Top with several spears of asparagus and roll up. Arrange ham rolls in shallow baking dish. Pour remaining sauce over rolls and top with Parmesan. Bake at 350° for 25-30 min. Makes 4 servings of 2 rolls each.

Judy Corbett

SHISH KEBAB PAPPAS

3 lbs. boned leg of lamb
1/2 cup olive oil
1/4 cup lemon juice
2 Tbsp chopped parsley
1 tsp salt
1/2 tsp oregano
1 tsp pepper
4 garlic cloves, minced

3 green peppers, quartered and seeded
12 slices onion
2 tomatoes, quartered
3 bay leaves
1 onion quartered
2 Tbsp olive oil

Marinate cubed lamb 6 hrs. at room temperature, or 8-10 hrs. in refrigerator, in a mixture of olive oil, lemon juice, parsley, salt, oregano, pepper, garlic cloves, bay leaves and quarterd onion. Saute green pepper in 2 Tbsp olive oil for about 5 min.; cool.

On six 12" metal skewers, thread the cubes of lamb alternately with onion, tomatoes and green peppers. Brush the kebabs with lemon juice and olive oil; broil about 3" from heat, turning once, until they are brown on both sides and tender.

Carolyn Lumenello

CHUCK WAGON CASSEROLE

3 lg. chopped onions
1 lg. chopped green pepper
2 lbs. ground beef
1 can tomato soup
1 or 2 small cans tomato sauce
1/8 tsp chili powder
1 small pkg. elbow macaroni or 1/2 pkg. egg noodles
2 tsp salt
1/8 tsp pepper
1/2 tsp oregano
1 pkg full cream Mozzarella chees

Saute onions and green pepper until soft. Add ground beef and cook until mixture falls apart. Add remaining ingredients except macaroni and Mozzarella cheese. Cook macaroni as directed. Add to mixture. Pour into 2 quart baking dish. Put cut pieces of Mozzarella cheese on top. Cook in 350° oven 20 min. Serves 5-6.

Hint: The amount of tomato sauce depends on how dry the mixture is.

Audrey Werber

GIGOT PERSILLE (Leg of Lamb, French Style)

"This recipe is not at all difficult. If instructions of roasting time and temperature are followed, it will be a success."

1 half shank leg of lamb
salt and pepper
butter, softened
1/4 cup chopped white onions
1/4 cup chopped parsley
clove of garlic, pressed
1/4 cup bread crumbs
1 Tbsp dry white wine
1 cup hot chicken stock or boullion
1 Tbsp cognac
slivers of garlic clove

Remove most of the fat from the lamb. Make slits in skin, inserting garlic slivers. Rub entire surface of lamb with butter (this may be done early in the day). A thickish coating is desired. Roast, turning every twenty minutes, in roasting pan without rack. Dust with salt and pepper as lamb is turned.

Five minutes before the end of the roasting time, add onions, parsley, garlic and bread crumbs to roasting pan, around the lamb. At end of the five minutes, remove lamb from oven, keeping it warm (turn oven off and leave door open). At this

GIGOT PERSILLE (Leg of Lamb, French Style) (continued)

time add white wine, stock and cognac to juices left in roasting pan. Deglaze over high flame. Stir and allow gravy to thicken.

Slice lamb parallel to the bone as long as possible, and then sidewise. Use paper panty on bone. Serve sauce separately. Roast at 400°, lamb should be served pink. A 3-1/2 pound leg of lamb will serve 4 generously.

Hint: Whatever weight of lamb, remove 1 lb. for roasting time, so that if it is 3-1/2 lbs., roast for 2-1/2 lbs. Roast for 20 min. per pound (minus the 1 lb. as above). Serve with Cotes de Rhone wine or one of these burgundies; Pommard, Beane, Volnsy, Aloxe Carton 1969 or 1970.

Lillian Cooper

MOUSSAKA

3 med. eggplants
1 cup butter
2 onions, chopped
2 lbs. ground lamb or beef
3 Tbsp tomato paste
1/2 cup red wine
1/4 tsp cinnamon
fresh pepper and salt
6 Tbsp flour
1 qt. milk
4 eggs, beaten
nutmeg
2 cups ricotta cheese
1 cup bread crumbs
1 cup fresh parmesan cheese

Peel and slice eggplant. Brown gently in 4 Tbsp. butter; brown onions. Add meat and cook 10 min. Combine tomato paste, wine, parmesan cheese, cinnamon, salt and pepper. Stir into meat and simmer until liquid is absorbed. Make a white sauce out of the butter, flour and milk. Cool slightly; stir in eggs, nutmeg and ricotta cheese. Arrange layers of eggplant, meat and cheese in a greased 11x16" pan. Sprinkle each layer with parmesan cheese and bread crumbs. Bake 1 hr. at 350°.

Hint: Flavor improves by standing one day.

Barbara Lamson

BAKED STEAK

2-3 lbs cross-cut roast beef or rolled cross rib roast, about 2-1/2 " thick
1 Tbsp oil
1 Tbsp butter or margarine
1-1-1/2 tsp salt
1/2 tsp thyme or 1 Tbsp prepared horseradish
3 cloves garlic, unpeeled

Heat oil in skillet or flame-proof shallow casserole until very hot. Add beef which has been dried on paper towels and brushed with a little oil; brown well on all sides over high heat. Let margarine melt over top of meat, sprinkle with salt and thyme or spread on horseradish. Place garlic cloves around meat and insert meat thermometer at an angle towards the center of the meat. Bake uncovered at 375° in upper third of oven about 30 min. or until thermometer registers 130° for rare and 145° for mostly well done.

Nancy Mather

BEEF IN WINE SAUCE

"Easy"

4 lbs. boneless beef chuck, cut in 1-1/2 to 2" cubes
garlic powder
2 cans (10-1/2 oz.) condensed golden mushroom soup
1 envelope (1-3/8 oz.) onion soup mix
3/4 cup dry sherry
1 can (8 oz.) sliced mushrooms
1 bag (20 oz.) frozen sliced carrots

Sprinkle meat lightly with garlic powder. Put in heavy casserole or Dutch oven. Mix together remaining ingredients, except carrots, and pour over meat; mix well. Cover and bake in preheated 325° oven for 2 hrs. or until meat is very tender, adding carrots during last 15 min. of baking.

Sue Smith

ITALIAN RABBIT

1 rabbit cleaned
2 med. onions
4 Tbsp butter
3 Tbsp flour
1-1/2 cup water
pinch of oregano
1 can mushrooms
1 tsp salt
1 bay leaf
1/2 tsp parsley flakes
enough red wine to soak meat
1/4 tsp thyme

Cut rabbit in pieces. Soak meat overnight in wine. Melt butter in deep skillet; add onions, sliced and saute until tender. Blend in flour and add 1 cup wine. Add mushrooms, water, rest of wine, salt, pepper, bay leaf, parsley, oregano and thyme. Bring mixture to boil and add meat. Cover and simmer 1-1/2 hrs.

Florence Ross

APPLE STUFFED PORK CHOPS

1 cup diced apples
1/4 cup seedless raisins
3/4 cup soft bread crumbs
1/2 tsp salt
1-1/2 Tbsp sugar
1 Tbsp minced onion
2 Tbsp butter
3 Tbsp hot water
4 rib chops, 1-1/2" thick with pocket
salt, pepper
1/2 cup water

Mix together apples, raisins, bread crumbs, salt and sugar. Saute onion in butter 5 min.; add to bread mixture. Add hot water; blend, Sprinkle salt and pepper on inside of chop pocket. Fill pockets with stuffing; fasten with toothpicks. Brown chops well on both sides. Place in casserole or 8x8x2 cake pan. Cover and bake 1 hr. at 375°. Uncover last 15 min.

Hint: Can be prepared early in day and refrigerated.

Ellen Bazer

FATHER'S DAY STEAKS

6 Filet Mignon
1/2 cup soy sauce
1/3 cup salad oil
1 garlic clove, minced
1/2 tsp ginger

Early in day: In 12x8 pan combine soy sauce, salad oil, garlic and ginger for marinade. Arrange meat in one layer and turn occasionally.

About 30 min. before serving, preheat broiler. Place meat on broiler and cook until correct doneness.

Judy Kusmin

STUFFED PEPPERS

1 sm. eggplant
1/2 lb. ground beef
2 eggs
bread crumbs
grated parmesan cheese
garlic salt
salt
pepper
tomato sauce
green peppers

Cook, cool and mash egg plant. Put eggplant, beef and eggs together in bowl with cheese, salt, garlic salt and pepper. Add just enough crumbs to hold mixture together. Salt inside of peppers, cut in halves. Fry them with filling on medium heat. Sprinkle with salt while cooking. Turn over once so that all sides are cooked through, about 45 min. When done pour tomato sauce over them, put in covered oven dish until ready to serve.

Florence Ross

PORCUPINES

1 pkg. beef Rice-A-Roni
1 lb. ground beef
1 egg
2-3 cups hot water

Combine Rice-A-Roni with ground beef and egg, well beaten.

PORCUPINES (continued)

Shape into small meatballs (approximately 20). Brown on all sides in skillet. Combine contents of beef seasoning packet with hot water. Pour over meat. Cover and simmer 30 min. Thicken gravy in desired.

Jane Jurgeleit

RED KIDNEY BEANS AND ZUCCHINI

1 pkg. red kidney beans
1 clove garlic
2 med. or 1 lg. zucchini
1/4 cup wheat germ
1 lg. can tomatoes, or
6-8 fresh tomatoes
1 lb. lean ground beef
1/3 cup parmesan cheese
1/2 cup brown rice
salt and pepper to taste

Soak beans overnight. Simmer 5 hours. In large skillet, cook ground beef until done; add the canned tomatoes or fresh tomatoes, well blended or sieved, garlic, whole or minced, and brown rice. More water can be added if broth is desired. Cook, covered, 30 min. Then add the zucchini, cut into thin slices or chunks. Sprinkle the parmesan cheese and wheat germ over the top. Cover and cook 30 min.

Betsy Harpley

ITALIAN STRINGBEAN AND LAMB STEW

1 lb. lamb, cut up
2 jars or cans of cooked beans
1/2 onion, chopped
4-6 med. potatoes, cut-up
1/4 green pepper, chopped
large can strained tomatoes
salt and pepper

In hot oil, brown meat well on all sides with onion and pepper. Add tomatoes, salt and pepper. Cover and simmer on medium heat 15-20 min. Peel and cut up potatoes, put in with meat to cook. When potatoes are soft, add beans and continue to cook for about 45 min. to 1 hr., adding a little water if needed. Cook on low heat.

Florence Ross

CALIFORNIA CHILI

1/2 cup chopped onion
1-1/4 lb. ground chuck
2 cans (#1) kidney beans
1 cans (#1) tomatoes
1 can (6 oz.) tomato paste
2-3 tsp chili powder
1-1/2 tsp salt
1/2 tsp oregano
1/4 tsp pepper
1 bay leaf
dash Tabasco sauce
1-1/2 cups water
1 cup chopped celery
1 cup green pepper

Cook onion in hot fat until tender but not brown. Add meat; brown lightly. Add beans, tomatoes, tomato paste, seasonings, water and 1/2 cup each of celery and green pepper. Simmer uncovered 1 hr. Add remaining celery and green pepper. Simmer 10 min. longer. Makes 6-8 servings.

Margie Barnett

LAMB, GREEN BEANS, & TOMATOES

"This is an excellent large group dish."

3-4 lamb shanks
3 onions, cut up
2 carrots, minced
1-1/2 lb. cut up green beans (fresh)
2 lg. cans stewed tomatoes
parsley
oregano
garlic salt
salt
pepper

Cover lamb shanks with water, salt and pepper; simmer 3 hrs. When cool,strip fatty layers away; cut remaining meat into bite-size portions and return to large heavy pot with about 3 cups of broth. Add onions, carrots, green beans, and stewed tomatoes. Strew lavishly with parsley, oregano and garlic salt (or fresh garlic). Cook all together, until beans are tender. Stir gently to mix flavors. Serves 8-10.

Hint: Serve over brown rice. A great thing about this meal is that you can substitute easy alternatives. For instance, use 3-4 cans green beans instead of fresh. Or, brown 8 or so lamb patties (ground lamb) instead of the shank meat. This is an instant version of the eastern Mediterranean dish. Using wheat pilaf instead of rice is another alternative.

Cynthia Seavey

PORK CHOPS AND RICE CASSEROLE

4 pork chops
1 Tbsp shortening
salt and pepper
3/4 cup Minute Rice
1 cup boiling water
1/3 cup chopped onion
1/2 tsp salt
1/4 tsp Worcestershire sauce
1 can tomato soup

Brown pork chops with shortening and add salt and pepper to taste. Combine all other ingredients in bowl. Lay pork chops in casserole dish. Cover with remaining ingredients. Bake at 325°, covered, for 1 hr.

Jane Jurgeleit

HAM LOAF

1 cup milk
1 cup dry bread crumbs
2 slightly beaten eggs
2 lb. ground smoked ham
1-1/2 lb. ground lean pork

Combine ingredients well. To shape, pack in 10x5x3 loaf pan, then invert on a shallow baking pan. Score top with handle of wooden spoon or knife. Bake at 350° for 1-1/2 hrs. Baste occasionally with Brown Sugar Glaze. Serve with Horseradish Sauce.

Brown Sugar Glaze:

3/4 cup brown sugar
1/4 cup water
1/4 cup vinegar
2 tsp. dry mustard

Combine above.

Horseradish Sauce:

1/4 cup horseradish
1-1/2 Tbsp vinegar
1 Tbsp prepared mustard
1/2 tsp salt
4 drops Worcestershire sauce
dash cayenne
dash paprika
1/2 cup whipping cream, whipped

Whip first seven ingredients then fold this mixture into whipped cream. Chill.

Bev Molina

OVEN BEEF BURGUNDY

2 Tbsp soy sauce
2 Tbsp flour
2 lbs. beef stew meat
4 carrots
2 lg. onions
1 cup thinly sliced celery
1 clove garlic
1/4 tsp pepper
1/4 tsp thyme
1/4 tsp marjoram
1 cup dry red wine
1 cup sliced mushrooms

Blend soy sauce and flour in a 2-1/2 or 3 quart baking dish (use a rubber spatula). Cut meat into 1-1/2 inch cubes. Add to soy sauce mixture and toss to coat. Cut carrots into chunks, slice onions and add along with celery, garlic pepper, marjoram, thyme and red wine to the meat. Stir gently to mix. Cover tightly and oven simmer in a slow oven (325°) for 1 hr. Add mushrooms, stir again gently, cover tightly and bake 1-1/2 to 2 hrs. longer or until meat and vegetables are tender.

Hint: Serve with rice, noodles or potatoes. I put potatoes in the dish with the mushrooms. Makes a very thick stew. Freezes well.

Sylvia Weinstein

LIPTON PEPPER STEAK

"Mouthwatering!"

2 lbs. chuck steak
2 Tbsp shortening
1/2 envelope Lipton Onion Soup Mix
water
2 medium green peppers
1-1/2 Tbsp cornstarch

Cut meat and peppers into thin strips. In large skillet, heat shortening and brown meat, turning frequently. Stir in soup mix and enough water to cover meat. Cover; simmer 45 min. Add pepper strips; simmer 10 min. or until meat is tender. Blend cornstarch with 1/2 cup water. Stir into skillet. Cook, while stirring, until thickened.

Hint: Serve with rice.

Claire Gillen

TAMALE PIE I

1 chopped green pepper
1 chopped onion
1 cup canned or diced tomatoes
8 chopped olives
1 - 3 tsp chili powder (optional)
1-1/4 tsp salt
1/2 lb. lean ground beef
1 cup corn
1 cup stone-ground corn meal
1 tsp salt
1 cup cold milk or water
1/4 cup parsley

Saute the green pepper and onion lightly in vegetable oil. Add the next five ingredients. Simmer 10 min. Remove from heat and stir in the ground beef and corn. Set aside.

Prepare the corn-meal mush by mixing the corn meal and salt; add the cold milk or water. Stir constantly while adding the corn meal mixture to 2 cups boiling water. Stir until mixture thickens, or about 5 min., being careful to use low heat after thickening starts. Immediately pour half the mush into a flat, greased baking dish, spreading evenly; add and spread the filling, cover with remaining mush; sprinkle generously with paprika. Bake at 350° for 15 min., or until brown.

Hint: Can use fresh, frozen or canned corn.

Betsy Harpley

CORNED BEEF HASH CASSEROLE

"Thrifty main dish."

1 can (15-1/2 oz.) corned beef hash
1/2 jar (16 oz.) meatless spaghetti sauce
1 pkg. (3 oz.) cream cheese
1 cup (4 oz.) shredded cheddar cheese
4 beaten eggs
1/4 tsp dried oregano, crushed
dash pepper

Pat corned beef hash on bottom and sides of greased 2 qt. casserole. Pour in spaghetti sauce; top with cubed cream cheese. Sprinkle with cheddar cheese. Bake at 350° for 30 min. Combine eggs, oregano and peppers; pour into casserole. Bake 20 min.; let stand 5 min. Serves 4.

Carlene Craib

TAMALE PIE II

"Easy"

1 med. onion, chopped
1 sm. green pepper, chopped
3/4 lb. ground beef
2 cans (8 oz.) seasoned tomato sauce
1 can (12 oz.) whole kernel corn
1/2 cup chopped, pitted ripe olives
1 clove garlic, minced
1 Tbsp sugar
1 tsp salt
2-3 tsp chili
1-1/2 cups shredded process cheese

Cook onion and green pepper in 1 Tbsp. hot fat until just tender. Add meat and brown lightly; spoon off excess fat. Add next 8 ingredients. Simmer 20-25 min. or until thick. Add cheese; stir until melted. Pour into 10x6x1-1/2 baking dish.

Corn Meal Topper:

3/4 cup yellow corn meal
1/2 tsp salt
2 cups cold water
1 Tbsp butter

Stir corn meal and 1/2 tsp. salt into cold water. Cook and stir until thick. Add butter; mix well. Spoon over meat mixture making narrow strips. Bake at 375° for 40 min. or until top is browned. Serves 4-6.

Sylvia Weinstein

CHILI CON CARNE

1 Tbsp salad oil
1 clove garlic, thinly sliced
1 cup chopped onion
1 can kidney beans, drained
1/2 tsp salt
2 cups sliced celery
1/2 cup chopped green pepper
1 lb. ground beef
2 cans (1 lb.) tomatoes
1 Tbsp chili powder

In a 4 quart kettle saute garlic, onion, celery and green pepper in oil until onion is golden. Add ground beef and cook until it is well browned. Stir in kidney beans, tomatoes, salt and chili powder. Gently boil mixture, uncovered, at least 45 min. Just before serving, add more chili powder to taste. Carefully divide equally among 5 bowls.

Mary Woodward

SWISS BLISS

"A man-pleaser."

1/2 Tbsp margarine
2 lbs. chuck steak
1/2 envelope onion soup mix
1 can (4 oz.) sliced mushrooms
1/2 green pepper, sliced
1 Tbsp A-1 Steak Sauce
1 can (1 lb) tomatoes
1/4 tsp salt
freshly ground pepper
1/2 cup juice from canned tomatoes
1 Tbsp cornstarch

Drain and chop tomatoes, reserving juice. Place approximately 20" piece of aluminum foil on cookie sheet or roasting pan. Spread center of foil with margarine. Cut steak into serving portions; arrange on foil. Sprinkle with onion soup mix, mushrooms, green pepper, tomatoes and seasonings. Mix juice, A-1 sauce and cornstarch. Pour over meat and vegetables. Bring foil up over and double-fold edges to seal tightly. Bake 2 hrs. at 375°. Serves 4.

Claire Gillen

UKRAINIAN STUFFED CABBAGE

1 lg. head white cabbage
1 lg. onion, chopped fine
2 Tbsp butter
1-1/2 lbs. ground chuck
1-1/2 cups cooked rice
ground black pepper
salt
1 cup tomato sauce
2 Tbsp sour cream
1/8 tsp sugar

Peel off outer leaves from cabbage and pare the core of each stem to same thickness as the leaf. Drop into boiling salted water and cook until tender (about 5 min.). Drain and put aside. Fry chopped onions gently in butter until transparent. Add ground chuck and fry until meat no longer gives off juice and almost all the juice has been absorbed. Mix meat and onion with cooked rice. Season with salt and pepper. Lay out cabbage leaves and put a heaping Tbsp. of the mixture in the center of each. Fold the sides of the leaf over the filling, then fold down the stem, lastly, the tip of the leaf. Mix tomato sauce, sour cream and sugar. Coat the bottom of a shallow casserole with the mixture. Line the casserole with the stuffed cabbage leaves, face down. Pour more sauce over the top; cover the dish. Bake at 375° about 20-30 min. or until warmed through. Makes 6 servings.

Fran Cooley

KIELBASA & KRAUT

"Easy, thrifty main dish."

1 can sauerkraut, drained
1 Tbsp basil
1/2 tsp celery seed
Kielbasa
3 Tbsp brown sugar
1/2 cup hot water

Mix sauerkraut with basil and celery seed. Place in 6 cup baking dish. Make deep cuts 1" apart in Kielbasa sausage. Push down into sauerkraut mixture to cover halfway. Mix brown sugar and hot water. Drizzle over sausage and sauerkraut. Bake, covered, at 350° for 1 hr.

Hint: Serve with noodles.

Carlene Craib

SKI POT STEW

2 lb. stew beef
1 can peas
1 cup carrots
2 med. onions
2 med potatoes, sliced
1 can tomato or mushroom soup
1/2 cup red wine
1 bay leaf
salt
pepper

Put all in a casserole with a tight lid. Bake at 250° for 5 or more hours. Serves 4.

Mary Jo Johnson

TACO FILLING

1 lb. ground beef
1 med. onion
1-1/2 tsp chili powder (to taste)
1/2 tsp oregano
1/2 tsp paprika
1/4 tsp salt
3 Tbsp taco sauce (or more to taste)
2 Tbsp Worcestershire sauce
1 can (8 oz.) tomato paste

Brown onion and ground beef. Add remaining ingredients and heat through. Serve in warmed taco shells. Add accompaniments to shells as desired: grated cheese, chopped lettuce, chopped onions.

Margie Barnett

CABBAGE ROLLS - "GOTUMKI" or LITTLE PIGEON

1 head cabbage
1-1/2 to 2 lbs. ground beef
or 1/2 lb. ground beef and
1/2 lb. ground pork
1 onion, chopped fine
1/2 cup rice
1 egg
3 Tbsp butter
1 can chicken broth

Fry onion in butter til transparent. Cook cabbage 5 min., (save water), let cool and separate leaves. Cut bulky part of vein in the leaf. Bring 1/2 cup rice to a boil, remove from heat, drain and cool. Combine meat, eggs, rice and seasonings. Spread each leaf with approximately 2 Tbsp of mixture, roll up, place seam side down on extra cabbage leaves in roaster. Cover with more cabbage leaves. Mix water from cabbage boiling and broth. Pour over stuffed cabbage leaves. Bake at 350° for approximately 2 hrs. or until done.

Hint: Should any be left over, reheats beautifully.

Christine White

UKRANIAN GOULASH

"Ethnic type dish; low-cost, low effort."

1/4 cup salad oil
3 lbs. chuck
3 med. onions, chopped
1-1/2 cups water
1 can tomato paste
1 Tbsp paprika
2 tsp salt
1/4 tsp pepper
1 tsp dried thyme
1 sm. bay leaf
1/2 cup sour cream, if desired

Cut chuck in 1-1/2" cubes; brown in oil, remove to casserole. Saute onion in pan drippings; add onions and drippings to casserole. Stir in water, tomato paste, paprika, salt, pepper thyme and bay leaf; bring to boil. Bake, covered, at 300° for 2 hrs. or until beef is tender. Remove from oven; stir in sour cream if desired. Serves 6.

Hint: Serve over buttered noodles, with green beans, cucumber and green pepper strips, applesauce cake and coffee.

Claire Gillen

FLEMISH CARBONADE

"Good for crowds and easy."

4 lbs. stewing beef
4 slices bacon
2 cups water
1 tsp thyme
2 pkgs. dehydrated onion soup
1 can (12 oz.) beer
1 Tbsp parsley flakes
1/4 cup white vinegar

Flour meat lightly. Fry bacon and remove from pan. Brown floured meat in bacon fat and then remove to casserole. Drain remaining fat from skillet and add 2 cups water. Bring to boil and add onion soup and beer; pour into casserole. Sprinkle with parsley and thyme. Cook in preheated oven at 300° for 2 hrs. Just before removing from oven, stir in vinegar.

Hint: Serve with noodles or mashed potatoes.

Carol Woodbury

WINE BRAISED PORK CHOPS

"Makes a colorful dish. The more wine, the better it is."

4 pork chops (1" thick)
2 green peppers
4 cloves garlic
1/2 lb. fresh mushrooms
1 tsp salt
pepper
10-12 cherry tomatoes
1/2 cup white wine

Boil mushrooms for 5 min. and drain. Brown chops in oil; remove from pan, leaving 1/2 tsp. fat. Add garlic (finely chopped), green pepper (cut lengthwise into strips) and mushrooms. Add chops, salt and pepper. Top with cherry tomatoes and pour wine over dish. Cover and simmer for 45 min., being careful not to brown the peppers. Wine can be added during cooking so vegetables don't get dry and a sauce is made from the wine. Serve over rice pilaf.

Hint: Get the vegetables ready ahead of time. Can be stored overnight in refrigerator and simply assemble the dish before serving. Tastes better if made in electric fry pan. In choosing a wine, I like Gallo Rhine Garten.

Judy Corbett

SWEET AND SOUR PORK

1 lb. lean pork
3 Tbsp soy sauce
1 Tbsp sherry
1/4 tsp pepper
1/4 tsp MSG
1 garlic clove, crushed
1 sm. egg
4-6 Tbsp cornstarch
8 drops red food color
1 qt. vegetable oil

Cut pork into pieces the size of pineapple chunks; marinate with next 8 ingredients. Heat oil to 375-400°. Fry pork till golden brown. Keep fried pork in a heated oven while preparing the sauce.

Sweet and Sour Sauce:

2 Tbsp cornstarch
1/2 cup sugar
1/4 cup vinegar
1/4 cup water
1 cup pineapple juice
1 cup pineapple tidbits
1 Tbsp soy sauce
1/2 green pepper

Cut green pepper to bite-size pieces. Put all ingredients in a small saucepan except green pepper; mix well. Bring to a boil (stirring constantly while cooking). Add green pepper; pour sauce on the cooked pork before serving.

Ellen Bazer

COMPANY CASSEROLE

8 oz. wide noodles
1 Tbsp butter
1 lb. ground meat
2 cans (8 oz.) tomato sauce
1/2 lb. (1 cup) cottage cheese
1 pkg. (8 oz.) soft cream cheese
1/2 cup sour cream
2/3 cup snipped scallions
1 Tbsp minced green pepper
2 Tbsp melted butter

Cook noodles. In butter, saute meat. Stir in tomato sauce; remove. Combine cottage cheese, cream cheese, sour cream, scallions and pepper. In 2 quart casserole, alternate layers of noodles, cheese mixture and meat mixture. Finish with meat layer. Pour melted butter over casserole. Bake, uncovered, for 30 min. at 375°. Serves 6.

Hint: Can be frozen.

Sharon Hellstedt

RIO GRANDE PORK ROAST

4-5 lbs. boneless rolled pork loin roast
1/2 tsp salt
1/2 tsp garlic salt
1/2 tsp chili powder

Place pork, fat side up, on rack in shallow roasting pan. Combine salt, garlic salt and chili powder; rub into roast. Roast at 325° for 2 to 2-1/2 hrs. (165° on internal meat thermometer).

Sauce:

1/2 cup apple jelly
1/2 cup ketchup
1 Tbsp vinegar
1/2 tsp chili powder
1 cup crushed corn chips

Combine all ingredients except corn chips. Bring to boil, reduce heat and simmer, uncovered, 2 min. Brush roast with sauce; sprinkle top with corn chips. Continue roasting 10-15 min. more (170°). Remove roast from oven. Let stand 10 min. Measure pan drippings, including any corn chips. Add water to make 1 cup. Heat to boiling and pass with meat. Serves 4-6.

Hint: Leftover pork slices may be heated with same sauce for a good second meal.

Carlene Craib

LAMB CHOPS WITH ORANGE SAUCE

6 lamb chops
1 Tbsp butter or margarine
3/4 cup (6 oz. can) undiluted orange juice concentrate
dash pepper
1-2 onions, sliced
1-2 tsp soy sauce
1 tsp salt

In large fry pan, brown chops in butter on both sides. Reduce heat; add remaining ingredients, stirring gently until orange juice concentrate has blended with pan juices. Simmer, covered, for 15-20 min., turning chops once during cooking, until meat is tender. Serve chops with sauce. Serves 4-6.

Bob Simmons

YANKEE POT ROAST, OVEN STYLE

6 lbs. beef roast
salt and pepper
salad oil
1/2 tsp oregano
2 cups tomatoes
1 cup water
2 onions, sliced

About 4 hrs. before dinner, place meat in hot Dutch oven and brown on all sides in oil (approximately 15 min.). Drain fat from roast, sprinkle with 2-1/2 tsp. salt and 1/4 tsp. pepper; add oregano, tomatoes and onions. Place, covered, in oven for 4 hrs. at 325-350°. Remove roast from liquid, thicken gravy with flour. Serve over ziti.

Hint: One hour before roast is done, add carrots, potatoes and more water; thicken gravy in same manner.

Christine White

BARBECUED CHUCK ROAST

3 lbs. chuck roast
(1-1/2 to 2" thick)
1 tsp MSG
1/3 cup white vinegar
1/4 cup catsup
2 Tbsp cooking oil
2 Tbsp soy sauce
1 Tbsp Worcestershire sauce
1 tsp prepared mustard
1 tsp salt
1/4 tsp pepper
1/4 tsp garlic powder

Sprinkle both sides of roast with MSG. Place in a shallow baking dish. Thoroughly combine vinegar, catsup, cooking oil, soy sauce, Worcestershire, mustard, salt, pepper and garlic powder. Pour mixture over roast and marinate 2-3 hrs., turning once or twice. Place roast on grill or broiler pan and broil about 6" from heat. Turn roast and baste with marinade every 10-15 min. Broil a total of 35-45 min. for a medium rare roast. Serves 6-8.

Hint: Can use London Broil in place of chuck roast.

Carolyn Lumenello

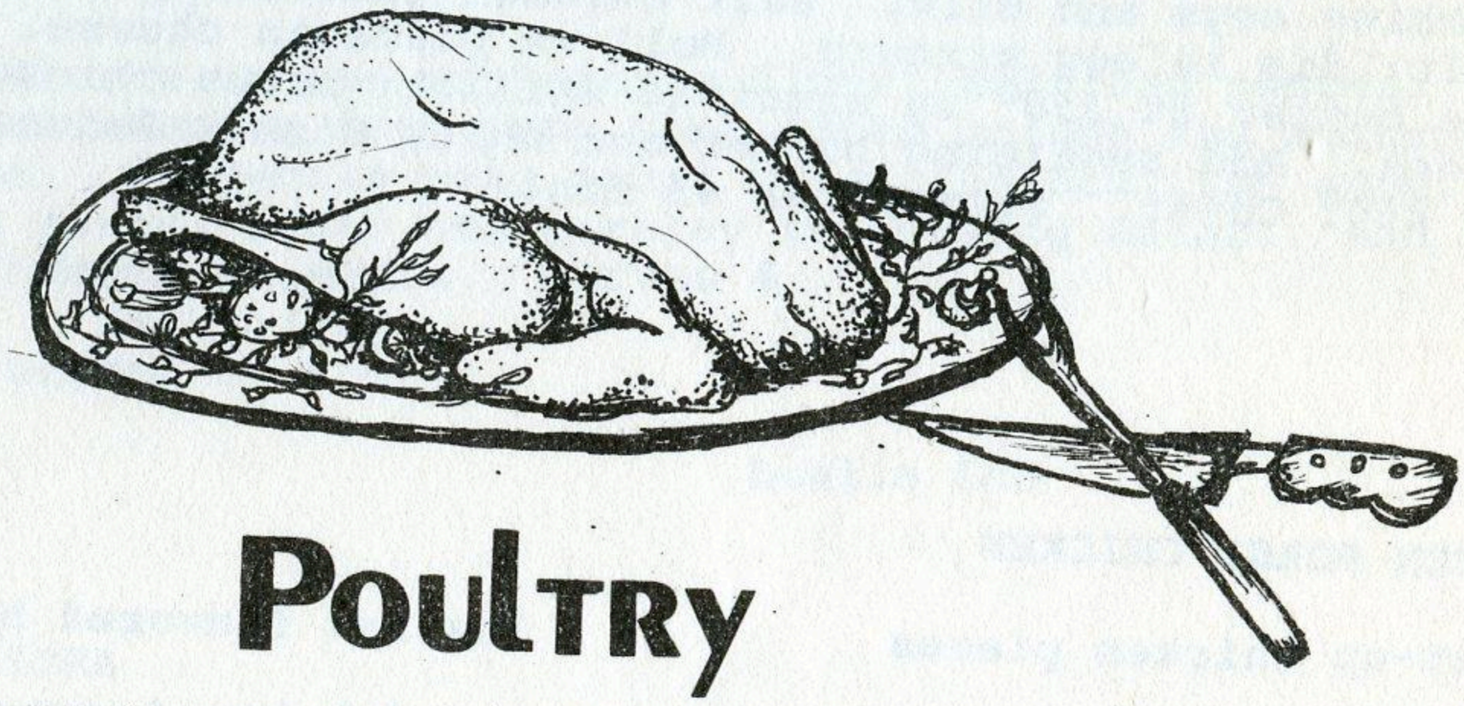
BEEF & ONIONS (Chinese)

1 lb. beef
3 Tbsp soy sauce
1/4 tsp pepper
1/4 tsp MSG
1 tsp sherry
1/8 tsp brown sugar
2 Tbsp corn starch
2 cups onion, chopped
1/3 cup water
1 tsp corn starch blended with 1 Tbsp water
4 Tbsp vegetable oil

Slice beef into 1" long, 1/2" wide and 1/8" thick pieces. Marinate beef with 2-1/2 Tbsp soy sauce and the next 5 ingredients for half an hour. Heat oil in a teflon pan. Put beef evenly into the pan. Stir fry beef until color turns (about 2 min.), don't overcook the beef. Remove cooked beef into a dish. Use the same pan and remaining oil to saute onion with 1/2 tsp. soy sauce, a pinch of pepper and MSG. Add water and corn starch. Bring to a boil. Mix with cooked beef. Serve hot. Serves 2-6, depending on whether it is used as a main dish or one of a group Chinese style.

Hint: Flank steak is preferred.

Ellen Bazer



Poultry

Poultry...the most versatile basis for any meal...may be as simple or complicated as the cook desires.

CHICKEN DIVAN*
Wild Rice Tossed Salad
Warm Bread
Rhine Wine

CHICKEN DIVAN

3 pkgs. (10 oz.) frozen, cooked broccoli
1 fowl (5 lb.) cooked, boned, and cut up
2 cans cream of mushroom soup
1 Tbsp lemon juice
1 cup sherry or white wine
2 Tbsp Worcestershire sauce
1/2 cup mayonnaise
1/2 cup shredded sharp cheese
crutons
4 Tbsp butter

Place broccoli in ungreased 9x13 pan. Cover with chicken. Blend together soup, mayonnaise, lemon juice, Worcestershire sauce and wine. Pour over chicken. Sprinkle with cheese. Top with crutons, sprinkled with butter. Bake at 350° for 40 min.

Beth Shaw

PARMESAN CHICKEN

2 eggs
1/2 cup milk
6-8 boned chicken breasts
seasoned salt
1-1/2 cups parmesan cheese
1 stick butter
1 cup white wine or cooking sherry

Combine eggs and milk. Salt chicken generously with seasoned salt; dip in egg mixture. Roll in parmesan cheese. Melt half the butter at 350° in electric skillet; brown chicken on both sides. Add remaining butter and white wine. Reduce temperature to 250°. Cover. Simmer for 45 min.

Carole Frank
Leslie Lee

OVEN ROAST CHICKEN

cut-up chicken pieces
Italian flavored bread crumbs

Wash chicken pieces. Toss in a bag with bread crumbs. Place in a shallow baking dish. Bake, uncovered, at 350° for 1 hr., turning after first 30 min.

Carolyn Lumenello

CHICKEN AND RICE

1 fryer chicken, cut up
1-1/4 cups Minute Rice
1-1/4 cups boiling water
2 Tbsp butter
1 can cream of mushroom soup
1/2 pkg. Lipton's onion soup mix

Combine rice, cream of mushroom soup and onion soup; mix well. Pour boiling water over the rice mixture. Place chicken pieces on top of rice. Dot butter on chicken. Bake at 425° for 1 hr. in a covered casserole dish.

Pat Lally

CHICKEN LIVERS WITH MUSHROOMS

1 lb. chicken livers
1/3 cup flour
salt and pepper
2 Tbsp butter
2 onions, sliced
1/2 lb. mushrooms, sliced
1 chicken boullion cube
1 cup boiling water
1 Tbsp Worcestershire sauce
1 tsp sugar
1 Tbsp parsley, minced

Shake chicken livers in bag containing flour, salt and pepper. Saute in butter. Remove from pan; then saute onions and mushrooms in the same pan. Meanwhile make sauce by adding boullion cube, Worcestershire sauce, sugar and parsley to boiling water. Add livers and mushrooms to sauce. Serves 4.

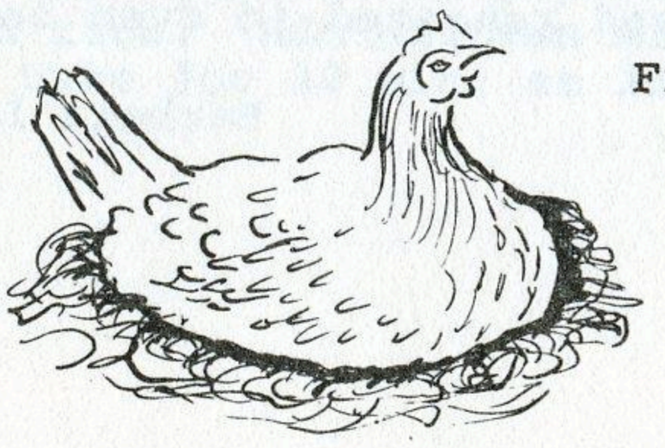
Hint: May be served on rice.

Leslie Lee

CHICKEN CACCIATORA

1 frying chicken (about 4 lbs.)
2 small onions, shopped
1 clove garlic, minced
1 can (16 oz.) tomatoes
basil (optional)
1 cup sliced mushrooms
1 large green pepper, seeded and sliced
salt and pepper
1/2 cup red wine (optional)
oil

Cut chicken into serving pieces. Season with salt and pepper; brown on all sides in skillet in which oil has been heated. Add onions, garlic, tomatoes, green pepper, basil and red wine. Simmer 40 min. Add mushrooms. Simmer about 15 min., or until chicken is tender. Serves 4-6.



Fran Cooper

CHICKEN-HERBED RICE CASSEROLE

1 pkg. (6 oz.) long grain and wild rice mix
2 Tbsp butter or margarine
3 large whole chicken breasts, boned, skinned, cut in half
1 can cream of chicken soup
1/2 cup sauterne
1/2 cup sliced celery
1 can (3 oz.) sliced mushrooms, drained

Cook rice mix as label directs. Meanwhile, in hot butter in large skillet, saute halved chicken breasts until golden. Remove from pan. Into drippings from chicken, stir undiluted soup and sauterne, then celery and mushrooms; bring to boil, then remove from heat. Spoon rice into 1-1/2 qt. casserole; arrange chicken on top; pour sauce over all. Cover casserole. Bake at 350° for 35 min.; uncover and bake an additional 15 min., or until chicken is tender and sauce is hot and bubbly. Serves 6.

Nancy Mather

GINGER CREAM CHICKEN

6 chicken breasts, split in half
flour
salt and pepper
1/2 tsp ginger
1 stick butter (not margarine)
1 cup chicken broth
3/4 cup heavy cream
candied ginger or chutney

Shake chicken in bag with flour, salt, pepper and ginger. Melt butter in skillet. Add chicken and brown on both sides. Lower heat, cover and simmer until tender. Remove to platter. Measure 5 Tbsp. fat in skillet (discard rest). Add 5 Tbsp. flour to fat. Add chicken broth and cream; stir. Then add salt, pepper and ginger until gravy has tang. Pour gravy into casserole, place chicken breasts on top. Before serving, garnish with candied ginger or chutney. Serves 12.

Hint: Can be done ahead and reheated in oven before serving.

Barbara Lamson

OVEN-FRIED CHICKEN DINNER

1 chicken (3-4 lb.)
1/2 cup butter or margarine
1/4 cup stuffing mix (or bread crumbs)
1/4 cup cornmeal
1-1/2 tsp curry
salt and pepper
6-8 potatoes
6-8 carrots

Place margarine in 13x9x2 baking pan and set in oven to melt. Mix together stuffing mix, cornmeal, curry and 2 tsp. salt. Use part of mixture to coat chicken well. Place around chicken and roll in butter. Sprinkle vegetables with additional salt and pepper, if desired. Bake uncovered 45 min. in preheated 400° oven. Turn over chicken and vegetables. Bake 20 min. Serves 6-8.

Hint: If desired sprinkle vegetables with chopped parsley.

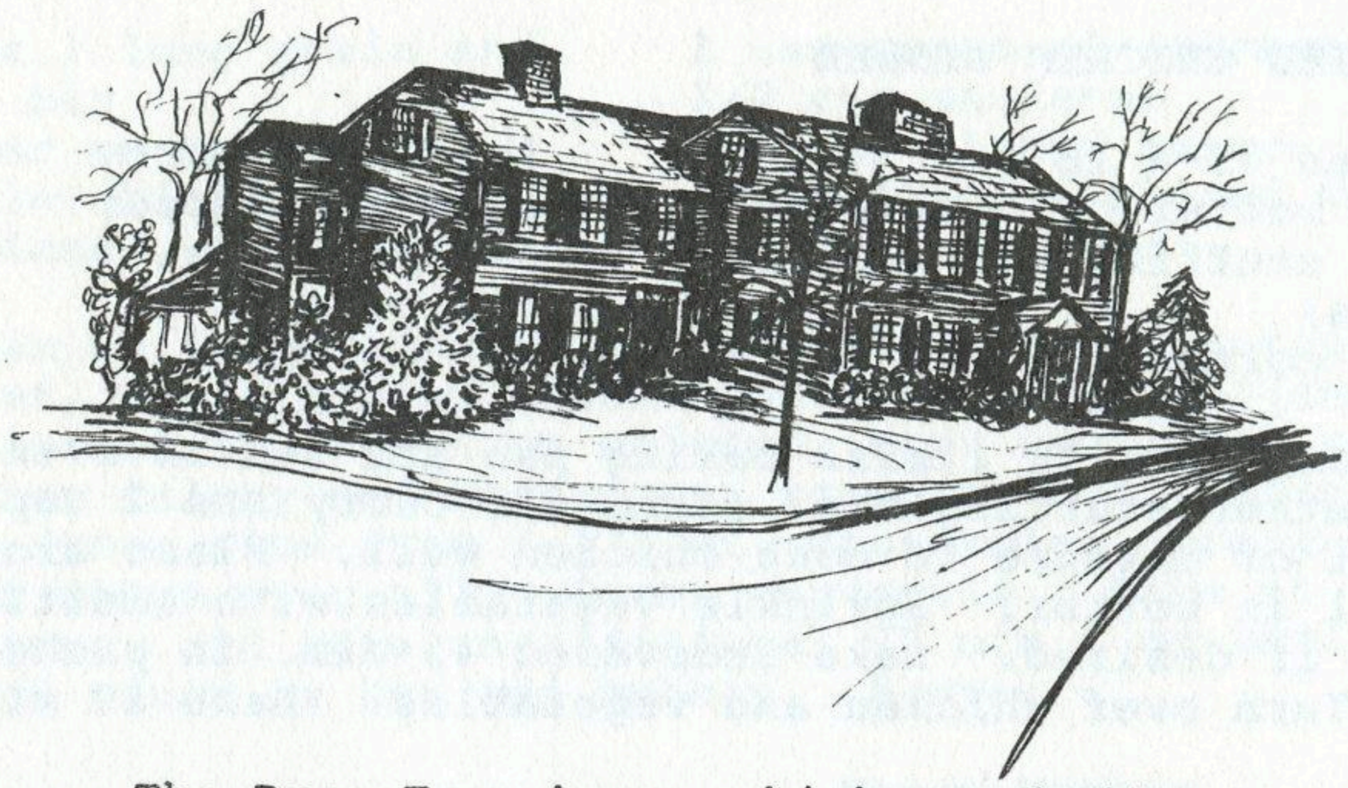
Christine White

CHICKEN CASSEROLE I

1/2 cup chopped onion
1/2 cup butter
1/4 cup flour
2 cups milk
2 cups cooked chicken, cut up
1 cup mushrooms
1/4 cup pimento, chopped
2 hard-boiled eggs, sliced
1-1/2 tsp salt
1 tsp paprika
1/4 tsp sage
1/4 tsp pepper
1-1/2 cups rice, cooked
1 cup cheddar cheese, grated

Saute onions in 1/4 cup butter. Melt remaining 1/4 cup butter and blend in flour and milk. Cook until thick. Add chicken, mushrooms, pimento, eggs, salt, paprika, sage and pepper. Line 2 quart pan with rice. Add chicken mixture, then layer of grated cheese on top. Bake for 30 min. at 350°.

Bev Molina



The Drew Farm house which was built in 1746.

PARTY CHICKEN

6 half breasts chicken, boned and skinned
1/2 cup soft butter
2 Tbsp parsley
2 tsp marjoram
1/2 tsp thyme
1/4 lb. mozzarella cheese
1/2 cup flour
1 egg, beaten
1 cup bread crumbs
1/2 cup dry white wine

Pound chicken between waxed paper. Salt and pepper; spread 1/4 cup of butter on chicken pieces. Blend other 1/4 cup of butter with herbs. Cut cheese into 6 sticks and place in center of each breast; roll. Dip in flour, eggs and crumbs. Arrange in buttered baking dish; pour butter and herbs over. Bake 20 min. at 350°; then pour wine over and cook and baste 15 min. more.

Hint: Can be rolled in crumbs and then refrigerated until baking time.

Sharon Hellstedt

BAKED STUFFED CHICKEN BREASTS

6 whole chicken breasts
6 slices boiled ham
6 slices swiss cheese
3/4 cup butter
dash of garlic salt
dash of green onion flakes
slightly beaten egg
about 1 cup bread crumbs or crushed corn flakes
2 Tbsp butter
2 Tbsp oil
1 can cream of mushroom soup
1 can cream of chicken soup

Bone, halve and pound chicken breasts until thin, making 12 pieces. Place one-half slice of ham and cheese on each. Put 1 Tbsp. butter and a dash each of garlic salt and onion flakes on each chicken piece. Roll up tightly; use toothpick to secure if necessary. Dip each piece of rolled chicken in egg, then in breadcrumbs or cornflakes to coat. Fry the rolls in butter and oil for approximately 20 min. Place in greased baking dish and cover with the soups. Bake one hour at 375°. Serves 6 generously.

Sherry McGovern

CHICKEN ALMONDINE

5 whole chicken breasts, boned, skinned and halved
2 eggs
1 cup flour
milk
3 pkg. (2-3/4 oz.) sliced almonds
1/2 to 3/4 can bread crumbs, unseasoned
1-1/2 cups butter

Prepare a thin batter consisting of the eggs, flour and enough milk to moisten and thin batter. Mix almond slices and unseasoned bread crumbs. Dip each breast in batter, then in crumb mixture. Heat 1-1/2 cups butter for each 4 pieces of prepared meat in heavy pan. When butter is golden, brown the meat on both sides at high heat. Lower temperature when brown and cooked through, about 10-20 min. Remove to heated dish. Pour pan drippings over and sprinkle with lemon juice. Serves 6 generously.

Nanci Bohne

CHICKEN LUCAS

1 can cream of chicken soup
1/2 cup mayonnaise
1/2 tsp lemon juice
1/4 tsp curry powder
4 chicken breasts
1 pkg. frozen broccoli spears, cooked
2 Tbsp margarine, melted
1/2 cup bread crumbs

Cook chicken till just tender. To make sauce, combine cream of chicken soup, mayonnaise, lemon juice and curry powder in saucepan. Heat, but do not boil. Place chicken breasts in a casserole. Arrange broccoli on top. Pour sauce over. Combine melted margarine and bread crumbs; sprinkle over sauce. Bake at 350° for about 45 min. Serves 4-6.

Hint: This can be made a day ahead and kept refrigerated. The cooking time should then be increased to at least 1-1/4 hours.

Mary Jo Johnson

CHICKEN WITH WINE AND MUSHROOM SAUCE

2-1/2 to 3 lbs. chicken pieces
1 lb. mushrooms, sliced
1 cut dry white wine
1 egg
jucie of 1 lemon
1 Tbsp butter
1 Tbsp flour
1 cup evaporated milk
salad oil
salt and pepper

Salt and lightly pepper the chicken. Brown it on both sides in hot oil. Pour the oil off and add 1/4 cup water to pan. Cover and simmer for 30 min. Add the wine. Bring to a boil and allow to boil, uncovered, for 5 min. Add mushrooms and cook, covered, for 10-15 min. more until mushrooms and chicken are done. Remove to a Pyrex dish or ovenproof serving dish and keep warm. Beat together the flour, then the milk and liquid from the chicken pan. Last add the egg and lemon mixture. Cook, stirring constantly, until thickened. Pour over chicken and serve immediately. Serves 4-6.

Hint: Do use evaporated milk rather than fresh milk or cream to produce the best flavor.

Roberta Panagakos

EASY CHICKEN CASSEROLE

1 whole chicken (3-4 lbs.)
1 can cream of chicken soup
1 chicken boullion cube mixed in 1 cup water
minced onion
salt and pepper
1/2 pkg. (7 oz.) herbed stuffing mix
margarine

Roast chicken until tender (1-1/2 hrs. covered). Remove chicken from pan and put in a casserole. Sprinkle with minced onion, salt and pepper. Mix soup and boullion together. Pour over chicken. Sprinkle stuffing mix over all. Dot with margarine. Bake 20 min. at 350°.

Ellen Bazer

CHICKEN 'N STUFFING SCALLOP

1 pkg. (8 oz.) herb seasoned stuffing mix (3-1/2 cups)
3 cups cubed cooked or canned chicken
1/2 cup butter
1/2 cup flour
1/4 tsp salt
dash of pepper
4 cups chicken broth
6 slightly beaten eggs
1 can cream of mushroom soup
1/4 cup milk
1 cup dairy sour cream
1/4 cup chopped pimiento

Prepare stuffing according to package directions for dry stuffing. Spread in 13x9x2 baking dish; top with a layer of chicken. In a large saucepan, melt butter; blend in flour, salt and pepper. Add cool broth; cook and stir until mixture thickens. Stir small amount of hot mixture into eggs, return to hot mixture; pour over chicken. Bake at 325° for 40-45 min., or until knife inserted halfway to center comes out clean. Let stand 5 min. to set; cut in squares and serve with sauce. Serves 12.

Sauce:

cream of mushroom soup
milk
sour cream
chopped pimento

Mix the above. Heat and stir until hot.

Carol Woodbury

CHICKEN CASSEROLE II

1 pkg. frozen broccoli
2 chicken breasts
1 can cream of mushroom soup
1 pkg. (4 serving size) Betty Crocker's Noodles Romanoff, cooked and prepared

Cook and drain broccoli; cook and dice chicken; cook according to directions the Noodles Romanoff. Mix ingredients together.

Hint: Can be made ahead and frozen.

CHICKEN CORDON BLEU

4 chicken breasts, boned
4 slices ham
4 wedges cheddar cheese
2 Tbsp flour

Wash and bone chicken breasts. Pat dry on towel. Wrap ham slice around cheese wedge. Place this inside chicken breast. Wrap breast around it, spreading skin around breast as much as possible. Place in baking dish. Separate chicken breasts in baking dish by placing aluminum foil around them. This keeps them moist and the flavor in. No basting or seasoning is needed. Bake at 350° for 1 hr.

Hint: To make gravy, make a roux of pan drippings and flour. Add small amount of cold water. Simmer, stirring constantly, until sauce thickens. Thin to desired consistency with chicken broth or water. Can be prepared earlier in the day.

Polly Curran

BAKED CHICKEN FRENCH STYLE

1 broiler-fryer chicken (3 lbs.)
2 tsp salt, divided
1/2 tsp dried leaf thyme
4 parsley sprigs
2 celery tops with leaves
1 yellow onion
2 Tbsp butter or margarine
12 small white onions, peeled
12 small potatoes, pared
1/4 cup dry sherry
chopped parsley

Sprinkle inside of chicken with 1 tsp. salt and thyme. Place

BAKED CHICKEN FRENCH STYLE (continued)

parsley, celery tops and onion in cavity of chicken. Tie legs together, then to tail. Place chicken in heavy casserole with tight-fitting lid. Dot with butter. Cover and bake at 375° for 30 min. Add white onions and potatoes; sprinkle with remaining 1 tsp. salt. Add sherry. Cover; bake 30 min. longer. Remove cover; bake until chicken and vegetables are browned and tender, basting frequently with juices in casserole. Serve sprinkled with chopped parsley. Serves 4.

Nancy Mather

BREAST OF CHICKEN CORDON BLEU

4 lg. chicken breasts, boned, skinned, split
8 slices cooked ham
8 slices swiss cheese
tarragon
salt and pepper
flour
1 egg, beaten
bread crumbs

Place breasts between wax paper and pound with cleaver until 1/4" thick. Put strip of ham and cheese on each piece and sprinkle with tarragon, salt and pepper, roll up. Roll breasts in flour, beaten egg and bread crumbs. Chill thoroughly. Fry in hot deep fat (375°) until golden brown, about 8 min. Drain on paper towels.

Judy Kusmin

CHICKEN KIEV

1 cup butter
1 clove garlic, finely chopped
1 Tbsp chopped parsley
1 tsp salt
1 Tbsp chopped chives
1/2 tsp rosemary, crumbled
1/4 tsp pepper
8 chicken breasts
1/4 cup milk
coating mix for chicken

Combine all ingredients (except chicken) in small bowl and mix thoroughly. Place mixture on waxed paper in a roll. Pound 8 boned chicken breasts. Divide hard butter into equal parts and lay one piece on each chicken breast. Roll breasts and secure. Moisten chicken in milk and roll in coating mix for chicken. Bake 45 minutes at 400°. Makes 8 servings.

Fran Cooley

CHICKEN PAPRIKA

1 cup onion
1 Tbsp paprika
1 tsp salt
1/4 tsp pepper
2 lbs. chicken, cut in serving pieces
1/2 cup chicken stock
1/2 cup yogurt

Saute onion in a little stock. Add paprika, salt and pepper, stirring constantly. Add chicken; brown, then add rest of stock. Cover and simmer 1 hr. or until chicken is done (stove top or oven). Remove chicken to platter; keep warm. Add yogurt to juices to make sauce. Stir. Pour sauce over chicken.

Hint: Good diet recipe. To make chicken stock, dissolve 1 chicken bullion cube in 1/2 cup water.

Sylvia Weinstein

MARINATED CHICKEN KABOBS

3 double chicken breasts, skinned and boned
1/2 cup soy sauce
1/2 cup pineapple juice
1/4 cup oil
1 tsp dry mustard
1 Tbsp brown sugar
2 tsp ground ginger
1 tsp garlic salt
1/4 tsp pepper
pineapple chunks
green pepper pieces
tiny boiling onions, peeled
cherry tomatoes
whole mushrooms

Cut chicken into 1-1/4" cubes. Mix next eight ingredients in saucepan. Simmer 5 min. Cool. Marinate chicken for 1 hr. Skewer chicken pieces with pineapple chunks, green pepper, onions, mushrooms and cherry tomatoes. Grill or broil 20 min. over low fire. Baste with remaining marinade while cooking.

Sharon Hellstedt

SWEET AND SOUR CHICKEN

1 bottle Russian dressing
1 jar (10-12 oz.) apricot jam
1 envelope dried onion soup
6-8 chicken pieces

Mix dressing, jam and onion soup, adding a little water. Coat chicken. Put in one layer in baking dish. Pour remaining sauce over chicken. Bake 1-1/2 hrs. at 350°.

Hint: Better if marinated a few hours.

Ellen Bazer

CHICKEN BAKED IN SOUR CREAM

3 oz. chipped beef
8 pieces of boned chicken breast
8 slices bacon
1 can cream of mushroom soup
1 cup sour cream

Grease a shallow pan and cover with the chipped beef. Wrap a bacon slice around each piece of chicken. Mix soup and sour cream; pour over the chicken. Bake uncovered at 275° for 3 hrs. Serves 4-8.

Hint: May be prepared ahead and refrigerated until ready to cook.

Fran Cooper

PEANUT BUTTER STEW

3 lb. broiler, cut up
1 large onion, chopped
1 can tomatoes
1/4 cup tomato paste
1 tsp seasoned salt
1/4 tsp cayenne (or 3 drops pepper sauce)
3 Tbsp peanut butter

Simmer chicken pieces with onion, tomatoes, tomato paste, salt and cayenne for 30 min. Add peanut butter to small amount of hot water and blend. Add to chicken and cook 10 min. more. Serve on rice or toast.

Jean Downey

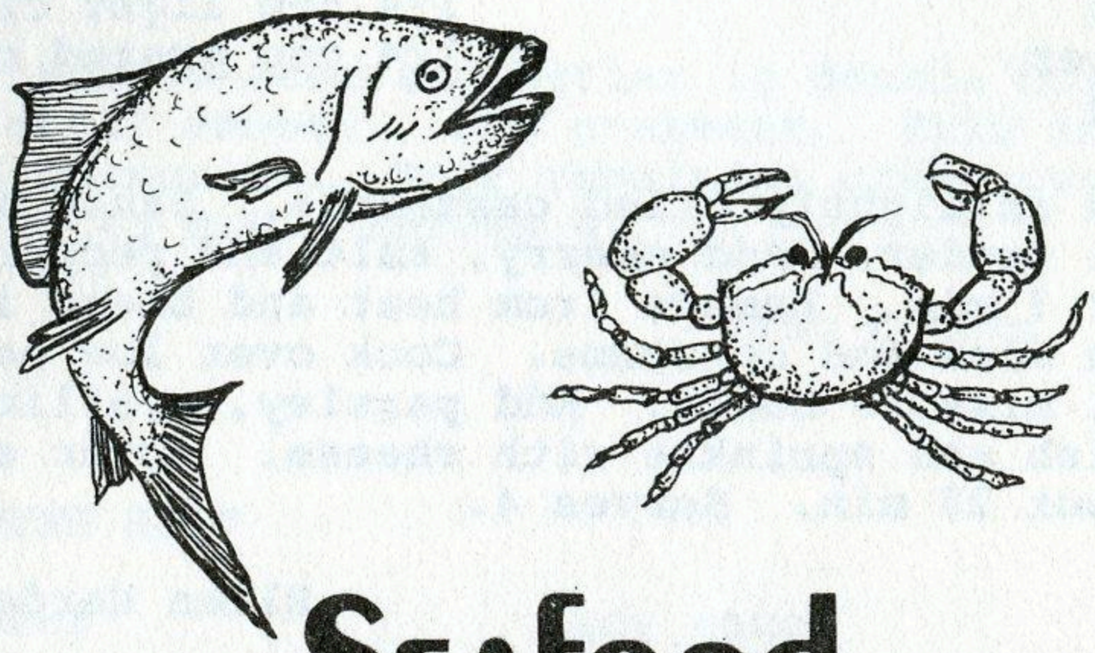
PAELLA

1/2 cup olive oil
1 lb. chicken breasts, boned and quartered
2 cloves garlic, mashed
2 cups rice, uncooked
pinch of saffron
2/3 cup tomatoes
4 cups boiling water
12 small clams in shell
16 uncooked shrimp, unshelled
salt to taste
1-1/3 cups petite pois (tiny canned peas), drained
sliced pimientos for garnish

Heat olive oil in skillet; saute chicken breasts until lightly brown on all sides and tender. Blend in mashed garlic and uncooked rice. Continue to cook over medium heat, stirring constantly, just until rice starts to brown. Meanwhile, put a pinch of saffron in a small saucepan, set over low heat just long enough for pan to become warm. Add a small amount of the four cups of boiling water; let stand to bring out fragrance of saffron. Add dissolved saffron, tomatoes and remaining boiling water to mixture in skillet. Bring to boil; add unshelled shrimp (which have been thoroughly washed) and prepared clams. Return mixture to rolling boil; continue to cook rapidly, uncovered, for about 20 min. or until liquid is absorbed by rice. Do not stir but check clams occasionally to make certain they are in contact with enough heat to cook them (as paella cooks the clams will open). During the last few minutes cooking time or just before liquid starts to disappear, season to taste with salt and sprinkle peas over the rice. Arrange pimientos on top. Serve in pan in which it was cooked. Serves 4 generously.

Hint: To prepare clams: Thoroughly scrub clam shells under running water. Cover with cold water and sprinkle surface with corn meal. Let stand several hours if necessary to draw out remaining sand. Wash again in clear water.

Carol Woodbury



SEAFOOD

Seafoods...a bonus for living near the salty ocean coast or deep blue lakes.

SENATOR EDWARD KENNEDY'S CREAMED SALMON IN CASSEROLE

3 cans pink salmon
1 stick butter
1/2 lb. fresh white mushrooms
1 Tbsp flour
1-1/2 cups milk
salt and pepper to taste
1/2 cup Chablis (optional)
1 cup heavy cream
1 lemon, sliced
juice of one lemon

Melt 1 stick butter and add sliced mushrooms. Suate for 5 min. Stir in slowly 1 Tbsp. flour. Add milk and stir until mixture thickens slightly. Add salt and pepper to taste, and Chablis if desired.

Remove skin and small bones from three cans of pink salmon; cut into small pieces. Add to white cream sauce. After adding the salmon, add the heavy cream. Transfer mixture to casserole. Put lemon slices on top of mixture. Put in warm oven for about 5 min. Just before serving, add the juice of one lemon to top of mixture in casserole. Serves 6 generously.

Hint: Serve with rice and fresh green peas.

FISH FILETS IN RED WINE

2 lbs. fish filets
1 cup sliced mushrooms
3 Tbsp butter
3 Tbsp sherry
1/2 tsp salt
dash of pepper
3 Tbsp flour
3/4 cup red wine
3/4 cup consomme
1 tsp minced parsley
2 Tbsp scallions, finely chopped
1/4 cup light cream
1/4 cup grated cheddar cheese

Place filets in lightly oiled casserole. Saute mushrooms in butter until tender. Add sherry, salt and pepper; simmer, covered, for 3 min. Remove from heat and blend in flour. Gradually stir in wine and consomme. Cook over low heat, stirring gently until mixture boils. Add parsley, scallions and cream. Pour over fish and sprinkle with cheese. Cover and bake at 350° for about 20 min. Serves 4.

Ellen Harde

CRAB DELUXE

1 Tbsp butter
1 Tbsp flour
1/2 lb. processed American cheese
1 can mushroom soup
1 lg. can crabmeat
1-1/2 cups bread crumbs
2 Tbsp melted butter

Place the soup and cheese in a saucepan; heat until cheese has melted. Cream together the butter and flour. Add the soup mixture and stir in the crab. Turn into one large or six small baking dishes. Toss together the melted butter and bread crumbs. Sprinkle mixture over the casserole. Bake at 400° for 30 min., or until bubbly. Serves 6.

Hint: Can be frozen after cooking. Cheddar cheese soup can be substituted for cheese sauce, and langostinos for crabmeat.

Jan Timberlake

CRABMEAT AND NOODLE CASSEROLE

1 can crabmeat, cleaned
2-1/2 cups (8 Oz.) fine noodles
1/2 cup butter
8 oz. pimento cheese
1 cup cream

Cook noodles. Melt cheese and butter in double boiler with 1/3 cup cream until smooth. Add crabmeat. Stir into noodles and place in a casserole. Pour remaining cream over the top. Bake at 350° for 45 min. Serves 4.

Fran Cooper

SHRIMP AND GROUND BEEF

1 lb. ground beef
1/2 to 1 lb. shrimp
1/4 cup chopped onions
1/4 cup chopped green pepper (optional)
soy sauce
Tabasco sauce
salt and pepper
2 Tbsp cooking oil
cornstarch

Cook, clean and devein shrimp. Brown ground beef in oil with onion and green pepper. Season to taste with salt and pepper. Add enough water to cover; thicken with cornstarch. Add soy sauce and tabasco sauce to taste. Add shrimp and heat thoroughly. Serve over rice.

Doris Clemons

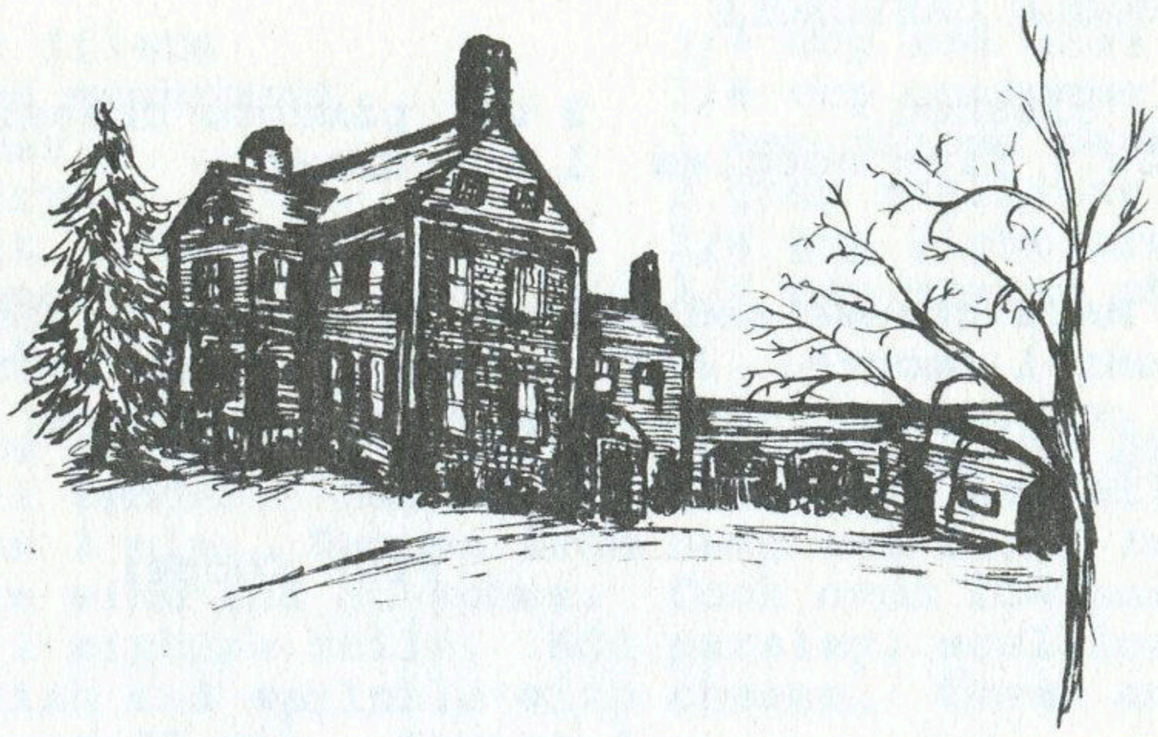
CLAM CASSEROLE

"Especially good as a luncheon dish."

1 can minced clams, drained
2 eggs
1 can cream of mushroom soup
3/4 cup crushed round crackers
1/4 to 1/2 cup butter or margarine, melted

Beat eggs and soup together. Add drained clams and place mixture in casserole. Mix butter and crushed crackers together. Spread over clam mixture. Bake for 20-25 min. at 400°. Serves 3.

Claire Gillen



The origional site of the
Reverend Willard Hall Homestead.
(Presently owned by Mr. &
Mrs. L. Grey Perry)

SHRIMP VICTORIA

1/2 cup butter
1-1/2 lbs. raw, shelled shrimp
1/2 cup chopped onions
1 cup sliced, fresh mushrooms
2 Tbsp lemon juice
1 Tbsp Worcestershire
2 Tbsp flour
1-1/2 tsp seasoned salt
dash pepper
1-1/2 cups sour cream
1 Tbsp chopped parsley

Heat butter in skillet, add shrimp and onion; cook, stirring occasionally, until shrimp are almost tender (approximately 5 min.). Add mushrooms, lemon juice and Worcestershire. Cook, stirring occasionally, 5 more min. Remove from heat; stir in flour, salt and pepper, then blend in sour cream. Cook over low heat until hot, not boiling. Sprinkle with parsley before serving. Serves 4.

Sherry McGovern

OYSTER PUDDING

6 slices white bread
butter or margarine
6 slices sharp, processed American cheese
1 pt. shucked fresh oysters
milk
2 eggs, slightly beaten
1 tsp salt
1/4 tsp pepper

Spread bread lightly on one side with softened butter; cut in cubes. Place half the cubes in bottom of 12x8x2 baking dish; top with cheese slices. Drain oysters, reserving liquid. Add enough milk to oyster liquid to make 2-1/2 cups. Arrange oysters on cheese. Top with remaining bread cubes. Combine liquid, eggs, salt and pepper; pour over all in baking dish. Bake at 325° for 1 hr. to 1 hr. 15 min., or until knife inserted just off center comes out clean. Serves 4.

Hint: An especially good luncheon dish.

Claire Gillen

STUFFED BAKED FISH

1 haddock or bass (2-3 lbs.)
2 Tbsp butter, melted
salt
pepper

Wash fish in cold water and wipe dry. Have tail and head removed if you desire. Sprinkle cavity with salt and pepper. Fill with bread stuffing and sew, tie or skewer together. Brush butter on both sides of fish and place in buttered baking pan. Bake at 350° for about 1 hr. Serve with lemon wedges. Makes 4-6 servings.

Bread Stuffing:

1 cup bread crumbs
1/3 cup margarine
1 sm. onion, minced
chopped celery
salt
pepper
1 egg
little water

Melt margarine, brown onion and celery until yellow. Stir in bread crumbs and remove from heat. Mix in salt, pepper and add a little water, just to moisten. Add egg and stuff fish.

Sandra McManus

FILET OF SOLE POACHED IN WINE

1 lb. filet of sole
1 pkg. frozen asparagus, thawed
1/2 cup cherry tomatoes, cut in half
1/2 cup sliced mushrooms
1/2 cup dry white wine
1/4 cup parmesan cheese
1 cup bread crumbs

Saute mushrooms in butter. Poach fish for 3 min. in wine. Salt to taste. Place in baking dish; top with tomatoes, mushrooms and asparagus.

Sauce:

2 Tbsp butter
2 Tbsp flour
1/2 tsp salt
dash pepper
1-1/4 cups milk
1 egg yolk, slightly beaten
1/4 cup wine

Melt butter in saucepan and stir in flour. Gradually add milk, stirring constantly. Add salt and pepper. Remove one spoonful and stir into egg yolk. Gradually stir egg yolk mixture into sauce and bring to boil. Remove from heat and stir in remaining wine. Pour sauce over fish and vegetables; sprinkle with crumbs and cheese. Bake, uncovered, for 30 min. at 350°. Serves 4.

Leslie Lee

PARTY TUNA BAKE

2 cans drained tuna
8 oz. wide noodles
1-1/2 cups sour cream
3/4 cup milk
1 can sliced mushrooms
1-1/2 tsp salt
1/4 tsp pepper
1/4 cup fine dry bread crumbs
1/4 cup parmesan cheese
2 Tbsp butter, melted
paprika

Cook and drain noodles. Stir first seven ingredients together. Pour into 2 quart casserole. Mix bread crumbs, parmesan cheese and melted butter. Sprinkle over casserole. Sprinkle liberally with paprika. Bake, uncovered, for 35-40 min. at 350°. Serves 6-8.

Sharon Hellstedt

PORTUGESE SHRIMP AND FISH RAGOUT

"Delicious, easy and fragrant."

1-1/2 lb. shrimp
1-1/2 lb. filet of haddock
1 lg. onion, chopped
1-1/2 lb. tomatoes, chopped
2 cups water
5 Tbsp olive oil (or regular)
dark bread (party rye)
salt and pepper
1-1/2 cups dry white wine or sherry

Heat 3 Tbsp. oil in skillet. Saute onion; add tomatoes to onion and cook until onions are transparent. Combine water and salt in a separate dish. Dip bread in water and put in baking dish. Add half of shrimp and haddock. Dip more bread in water and put on top of haddock. Add remaining shrimp and haddock. Pour onion and tomato mixture over all. Pour wine on top. Cover tightly with foil. Place in 400° oven for 25 min. Serves 6.

Rosemarie Koester

FRESH ASPARAGUS AND FISH BAKE

2 lbs. fresh asparagus
4 flounder filets
2 Tbsp butter
1/4 cup chopped onion
2 Tbsp flour
1-3/4 cups milk
1/4 cup dry white wine
2 tsp lemon juice
1/4 tsp dill weed
1/2 tsp salt
1/8 tsp pepper
2 Tbsp chopped fresh parsley

Cook asparagus in salted water till just tender. Drain. Divide into 4 portions. Wrap one fish filet around each bundle of asparagus and fasten with a toothpick. Place in large baking dish. Melt butter in medium saucepan. Add onion; cook till tender. Blend in flour. Remove from heat; stir in milk. Return to heat and cook, stirring constantly, till mixture thickens and comes to a boil. Stir in wine, lemon juice, dill weed, salt, pepper and parsley. Spoon sauce over fish. Cover and bake at 350° for 30 min.

Carole Frank

SHRIMP DE JONGHE

1 cup butter, melted
2 cloves garlic, minced
1/3 cup chopped parsley
1/4 tsp paprika
dash cayenne
1/3 cup cooking sherry
2/3 cup soft bread crumbs
5-6 cups cleaned shrimp

Cook shrimp. To melted butter, add garlic, parsley, paprika, cayenne and cooking sherry; mix. Add bread crumbs; toss. Place shrimp in 11x7x1½ baking dish. Spoon the butter mixture over. Bake at 325° for 20-25 min., or till crumbs brown. Sprinkle with additonal chopped parsley before serving. Serves 6-8.

Margaret Cookman

MEDITERRANEAN FISH BAKE

1 cup chopped onion
1/2 cup chopped celery
1/3 cup chopped parsley
1 tsp salt
2 lb. fish filets
1/8 tsp pepper
1/4 cup oil
3/4 tsp paprika
2 cans tomato sauce

Brown onion, celery and parsley in a little oil. Arrange in large shallow greased baking dish. Place fish in overlapping layers over the vegetables. Season with salt and pepper. Pour oil over fish. Sprinkle with paprika. Bake at 375° for 15 min. Pour tomato sauce over all. Bake 30-35 min. longer or until fish is flaky and sauce bubbles. Baste fish frequently with sauce.

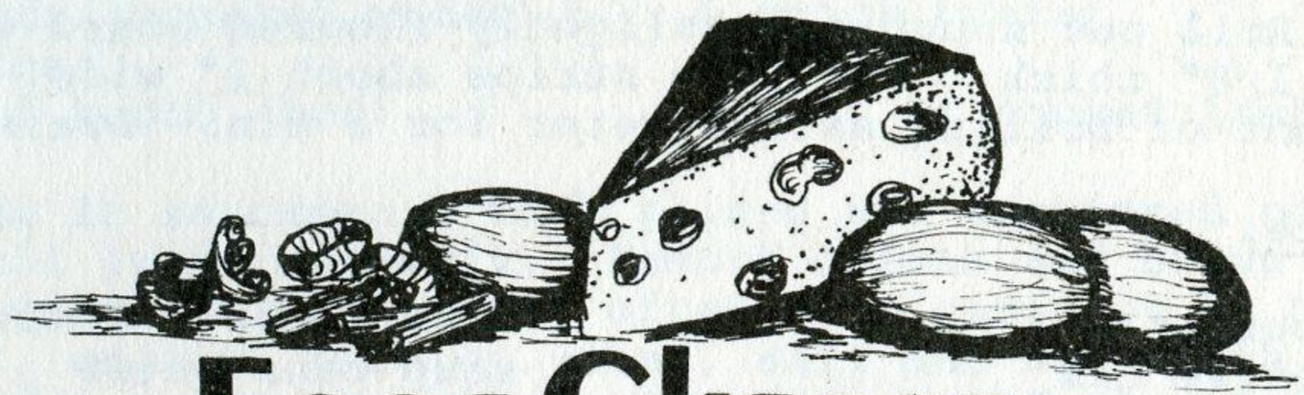
Sandra McManus

BOSTON NAVAL SHIPYARD SCROD

scrod filets
butter
lemon juice
seasoned bread crumbs

Place scrod in shallow baking dish. Dot with butter, then sprinkle with lemon juice and bread crumbs. Bake at 350° for 30 min.; place under broiled until browned.

Judy Kusmin



Eggs, Cheese Rice and Pasta

Eggs, Cheese, Rice and Pasta...four interesting answers to the question, "What shall I make for dinner tonight?"

SENATOR EDWARD BROOKE'S LASAGNE BESCIAMELLA

4 to 8 cups Parmesan cheese, freshly grated

Bechanel Sauce:

1/2 cup butter
3 Tbsp flour
4 cups milk
1/2 cup Parmesan cheese

Melt butter; add flour and stir until well blended. Slowly stir in milk and cook over low heat stirring constantly. Cool, until it is at room temperature, stirring occasionally. Add freshly grated Parmesan cheese. Stir well.

Lasagne Noodles:

"Of course, bought noodles may be used in place of these, if desired."

4 cups all-purpose flour
8 eggs

Place flour on board, make a well, drop in raw eggs and mix milk with the flour until a ball forms. Knead thoroughly for

4-5 min. or until stiff and elastic. Add more flour if dough is thin or a few drops of water if dough seems dry.

Work quickly so dough does not dry out. Divide dough into thirds. Roll out dough on a slightly floured board until it is about 1/8" thick. Cut into strips about 2" wide. Cook in a large pot of boiling salted water for 3 min. Drain.

Meat Sauce:

1/4 lb. butter
1/2 cup olive oil
2 med. onions, chopped fine
2 lbs. ground lean beef
1 lb. ground lean pork
2 cans (7 oz.) tomato paste
5 soup cans water
2-1/4 Tbsp salt
3 bay leaves

Melt butter and oil in heavy skillet. Add onions and saute slowly until onion is limp, about 20 min. Add ground beef and pork; fry over high heat, stirring constantly until nicely browned, about 15-20 min. Add tomato paste, water, salt and bay leaves. Bring to boil. Lower heat, cover and simmer for 2 to 2-1/2 hrs., stirring occasionally to prevent sticking.

To Assemble Lasagne:

Put a layer of noodles in bottoms of two 11x13 pans. In each, add a layer of meat sauce, sprinkle with 1/2 cup grated Parmesan cheese, layer with noodles, then bechamel sauce, 1/2 cup Parmesan, layer of noodles, layer of meat sauce, continuing until layers are about 2" high, ending with meat sauce. Sprinkle top with about 1 cup Parmesan cheese.

If freshly made and still warm, bake at 350° for 40 min. If made the day before and cooled, bake at 300° for 1 hr. Serves 12-16, depending on appetites.

BULGAR PILAF

1/2 cup vermicelli (sm. pieces)
1 cup bulgar (cracked wheat)
1 med. onion
3 cups beef broth (hot)
1/2 bunch parsley
1 stick butter
salt
chunks of cooked lamb meat

Melt butter in saucepan. Cook sliced and sectioned onions in butter until lucid and soft. Remove onions and brown vermicelli in butter until golden. Stir often with care not to burn. Add bulgar, onions, parsley, meat, salt and hot broth. Bring to a boil for approximately 1 min. Cover and simmer approximately 20 min. or until all liquid is absorbed. Stir only with a fork if necessary.

Carolyn Lumenello

ITALIAN LENTILS

1/2 lb. lentils
4 pieces celery
1/4 cup cooking oil
1 Tbsp salt
Garlic salt
pepper
1/2 lb. spaghetti

Put lentils in pan 3/4 filled with water. Add salt, pepper, garlic, celery leaves and oil. Cook about 45 min. at medium heat on the stove. Add spaghetti, broken in half once. Simmer until gravy resembles a thick bean sauce, about 45 min. to 1 hr., stirring occasionally.

Florence Ross

PARSLEY RICE

1 cup uncooked rice
1 tsp salt
2 chicken boullion cubes
1-1/2 cups water
1/4 cup sliced green onion
1/3 cup diced green pepper
1/4 cup slivered unblanched almonds
2 Tbsp butter
1/2 cup chopped parsley

Combine rice, salt, boullion cubes and water; cook just to boiling. Stir once, cover and leave on low heat for 20 min.

PARSLEY RICE (continued)

Don't remove the cover to peek. Saute the onion, pepper and almonds in the melted butter for 1 min. Fold into the cooked rice with the parsley.

Ellen Harde

SPAGHETTI-BROCCOLI AU GRAUTIN

"Lends itself well to buffet serving."

8 oz. pkg. spaghetti
6 lg. onions, 2-1/2" to 3 " in diameter
1 bunch fresh broccoli or 2 pkgs. frozen broccoli spears
4 Tbsp butter
1/2 tsp salt
dash pepper
dash savory
8 oz. processed American cheese slices
1/2 cup light cream

Cook spaghetti according to directions; drain. Chop green onions and cut cooked fresh broccoli or thaw uncooked frozen broccoli into chunks. Cook green onions until limp in melted fat. Add broccoli, salt, pepper and savory. Cook 5 min. over low heat. Put spaghetti into greased 2 qt. casserole (11x7x2) and cover with half the cheese slices. Pour in cream, then add broccoli-onion mixture. Cover with remaining cheese. Bake at 375° for 30 min. or until cheese is melted.

Hint: Good served with baked ham or roast beef. Can be made ahead and stored in refrigerator.

Margaret T. Blanchard

RISOTTO

1/8 lb. butter
1 med. onion, chopped fine
2 handfuls chopped chicken liver
1 cup washed rice
1 qt. chicken broth
1 packet saffron

Fry onions in butter for 5 min. Add 2 handfuls chopped chicken

RISOTTO (continued)

liver. Saute for another 5 min. Add 1 qt. chicken broth, slowly stirring as rice absorbs liquid. Include one packet of saffron with the first addition of broth, if desired. Cook until all liquid is absorbed. Serves 4.

Hint: To use as a main dish use 3/4-1 lb. liver. Serve with a green leafy vegetable or green beans.

Carolyn Lumenello

CHEESE BLINTZES

2 eggs
1/2 cup water
2 cups sifted flour
1 cup milk
pinch of salt

Beat eggs well; then add water, flour, milk and salt. Whisk until smooth. If batter is too thick, add small amount of liquid. Grease small frying pan. In hot pan, pour only enough batter to cover bottom. Quickly pour back excess. Brown slightly and turn onto a towel. Batter makes about 16 blintzes.

Cheese Mixture:

2 or 3 eggs
1 lb. farmer cheese
1/2 lb. cream cheese or cottage cheese
1 tsp sugar
pinch of salt

Mix the above ingredients together. With uncooked side of blintzes down, fill with 1 Tbsp. cheese mixture. Fold up on all sides. Fry until golden brown in butter, orthey may be baked. To bake, place in a buttered baking dish; dot with butter. Bake until brown at 375° for about 30 min. Serve with sour cream. Serves 4.

Hint: Add 1/2 cup raisins to cheese mixture or place a strawberry slice in each. May be frozen before frying.

Esther Diamond

EASY CHEESE SOUFFLE

1/4 lb. butter
1 lg. jar Kraft Cheese Whiz
8-10 slices white bread
4 eggs
1 pt. milk
salt and pepper

Cream together butter and cheese whiz. Cut crusts from the bread. Spread bread with butter and cheese mixture; cut each slice into quarters. Place in casserole or souffle dish. Mix beaten eggs with milk. Salt and pepper to taste. Pour this mixture over bread in casserole. Refrigerate overnight; covered. Bake, uncovered, 1 hr. at 350°. Serve immediately. Serves 4.

Leslie Lee

EASY CHEESE PIE

4 oz. munster cheese, grated
1 egg, beaten
3/4 cup flour
1/2 tsp salt
1/8 tsp pepper
1 cup milk
1/2 tsp oregano
1 tsp dried onion
1 cup chopped ham, pepperoni, bacon, etc.
4 oz. mozzerella cheese, sliced or grated

Mix egg, flour, milk and seasonings in blender. Put munster and meat in greased 9" pie plate. Pour mixed ingredients over. Bake 30 min. at 400°. Put mozzarella on top and bake 5 min. more or until melted. Let stand a few minutes before serving. Serves 4.

Sharon Hellstedt

SAUSAGE AND EGG CASSEROLE

"Easy to make ahead for breakfast or brunch."

6 eggs
6 slices bread, cubed
1 cup shredded cheddar cheese
1 lb. pork sausage
2 cups milk
1/2 tsp salt
1 tsp dry mustard

Cut up and fry sausage. Beat eggs; add remaining ingredients.

SAUSAGE AND EGG CASSEROLE (continued)

Put in buttered casserole dish (1-1/2 qt.) Refrigerate 12 hrs. or overnight. Bake at 350° for 45-60 min. Serves 4-6.

Carlene Craib

RICE AND SPINACH CASSEROLE

"For a luncheon."

1-1/4 cups rice
1 lb. sharp cheddar cheese
2 Tbsp minced onion
2 tsp salt
1 Tbsp Worcestershire sauce
pinch of marjoram
pinch thyme
1 pkg. chopped frozen spinach
4 eggs
1 cup milk

Cook rice in large saucepan. While hot add sharp cheddar cheese cut up in small pieces. When cheese melts, add minced onion, salt, worcestershire sauce, marjoram, thyme and spinach. Beat eggs and add milk. Then add to the rice mixture. Bake 35-40 min. at 375°. Serves 4.

Hint: Can add leftover ham, etc. for main dish.

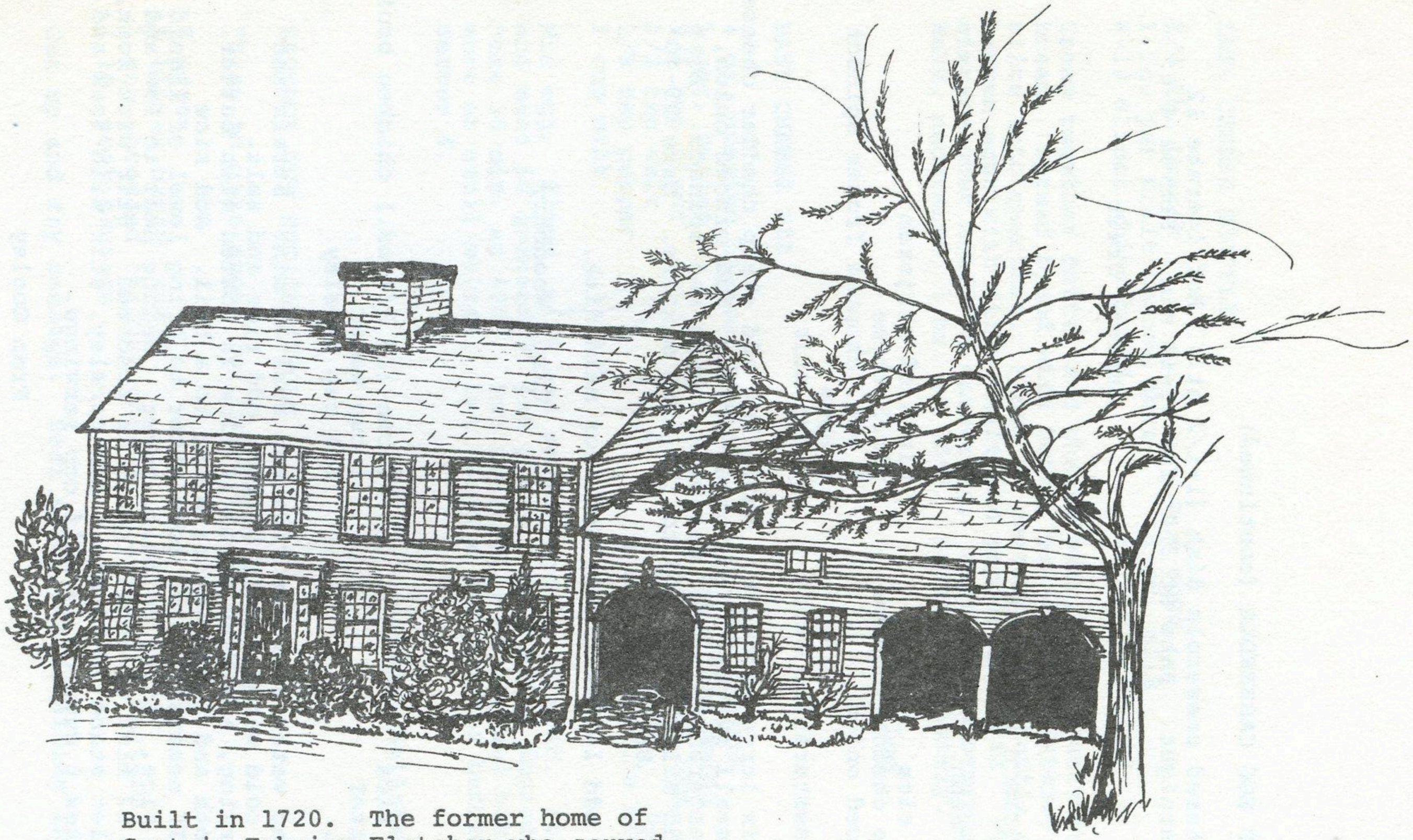
Carol Woodbury

RICE PILAF

2 cups raw rice
1/4 cup butter
1 tsp salt.
1 can (10 3/4 oz.) chicken broth
1 cup water
1/4 cup parsley

Pour boiling water over raw rice and soak 30 min. Strain and rinse with cold water. Melt butter; add rice and salt. Saute, stirring, a minute or until rice is coated with butter. Combine broth and 1 cup water; bring to a boil. Add rice mixture. If necessary, add more water to bring level of liquid 1/2" above rice. Bring to boil, cover. Reduce heat to low and cook about 12 min. or until liquid is absorbed. Stir with fork, cover and let stand 10-15 min. Add parsley, stir with fork and serve. Makes 6 cups or 12 half cup servings.

Fran Cooley



Built in 1720. The former home of
Captain Ephriam Fletcher who served
in the Revolutionary War.
(Presently owned by Mr. & Mrs. Robert Treat)

PINEAPPLE DRESSING (Stuffing)

"This is a delicious accompaniment for ham."

1/2 cup sugar
4 eggs
5 slices bread, cubed
#2 can crushed pineapple

Add eggs to sugar, beating after each addition. Add pineapple to bread (fold in). Mix all ingredients together. Put into buttered 1-1/2 qt. casserole and bake at 350° for 1 hr. or at 300° for 1-1/2 hrs.

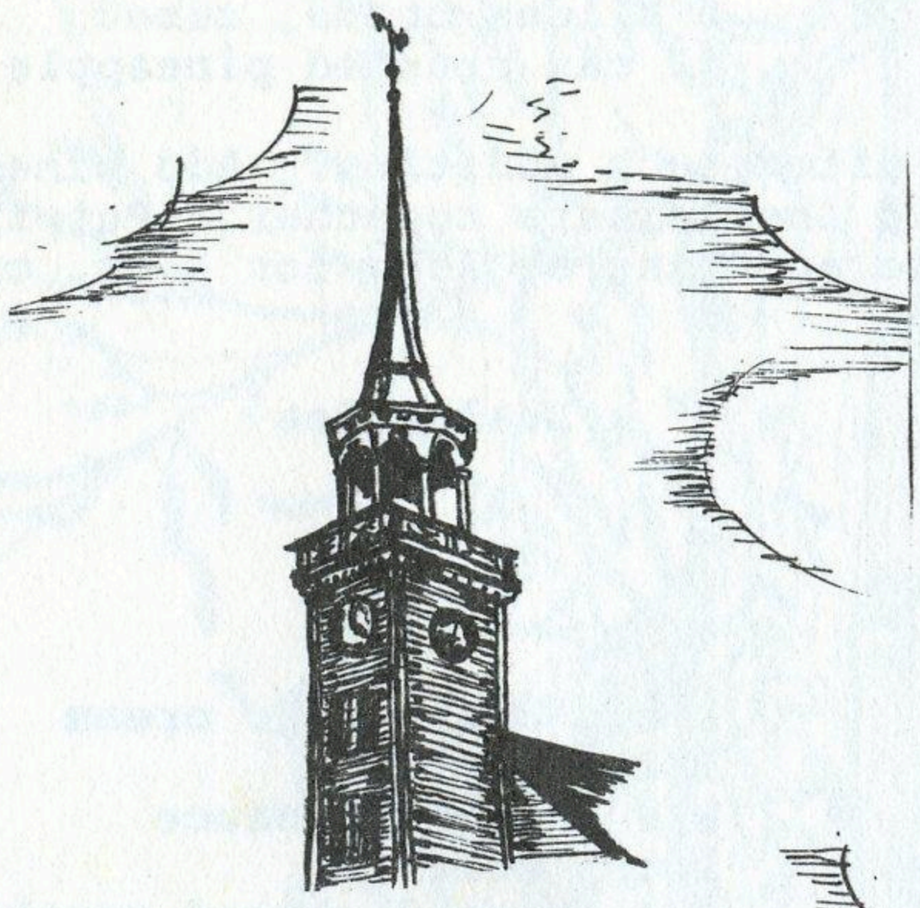
Leslie Lee

SAVORY DOUBLE CHEESE MACARONI

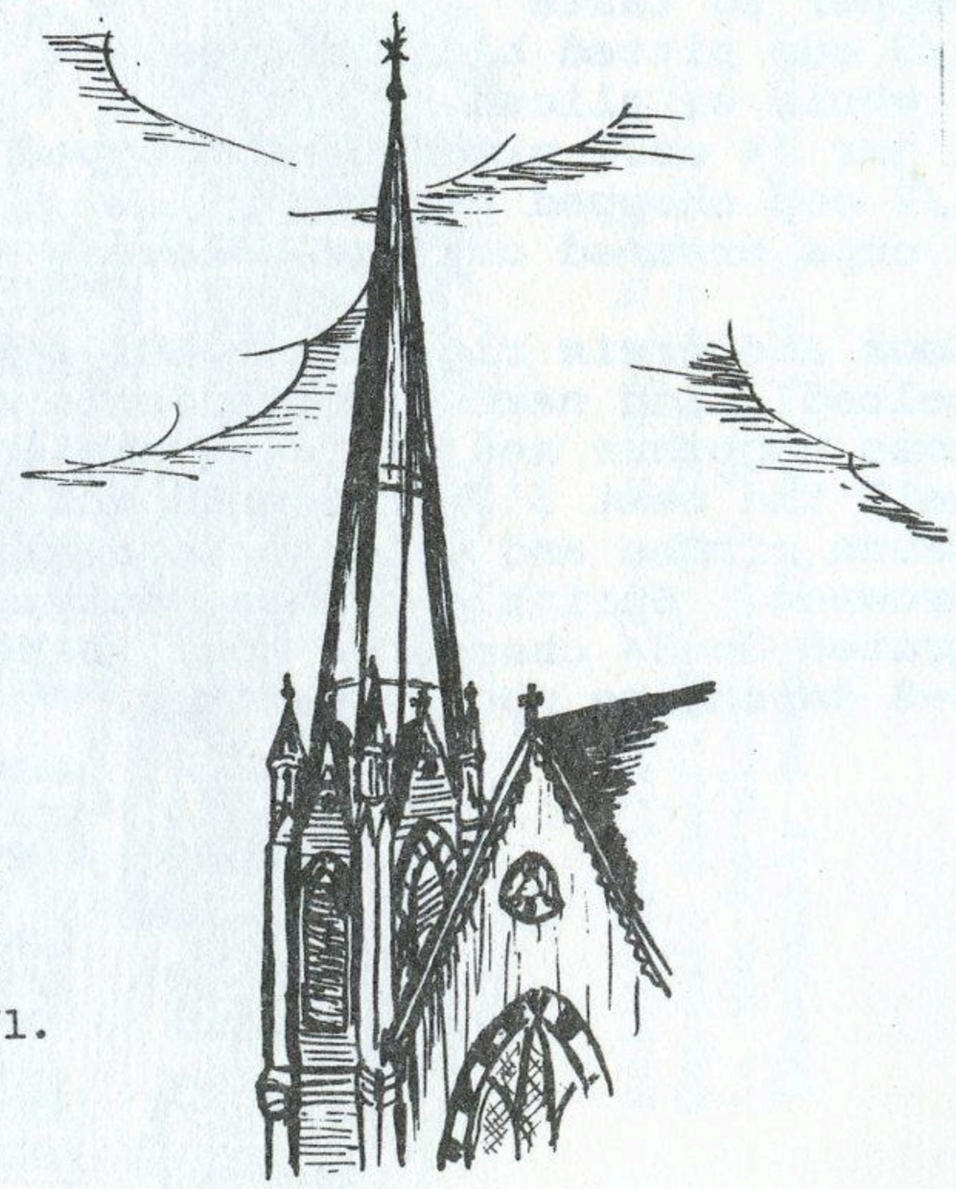
8 oz. rigatoni
4 Tbsp butter
pepper to taste
1/3 cup pitted black olives, whole or sliced
1 jar (4 oz.) pimentoes, chopped
1/2 cup chopped parsley
2 cups creamed cottage cheese
1 cup dairy sour cream
1/2 cup milk
1/3 cup chili sauce
1 tsp salt
3/4 cup soft bread crumbs
1/4 cup chopped walnuts
1/2 cup grated Gouda cheese

Cook and drain rigatoni. Add 2 Tbsp of the butter and stir till melted. Add next 3 ingredients and 1/4 cup of the parsley, toss together and place in shallow 2 qt. baking dish. Mix well the next 5 ingredients and pour on the rigatoni mixture. Saute crumbs and walnuts in remaining butter until lightly browned. Sprinkle crumbs, nuts, remaining parsley and the grated Gouda cheese on top. Bake at 375° for 30 min. Serves 6-8 depending upon appetites.

Dorothy Swanson



Spire of the first Meetinghouse in the town of Westford, dated 1795. Presently the First Parish Church United.



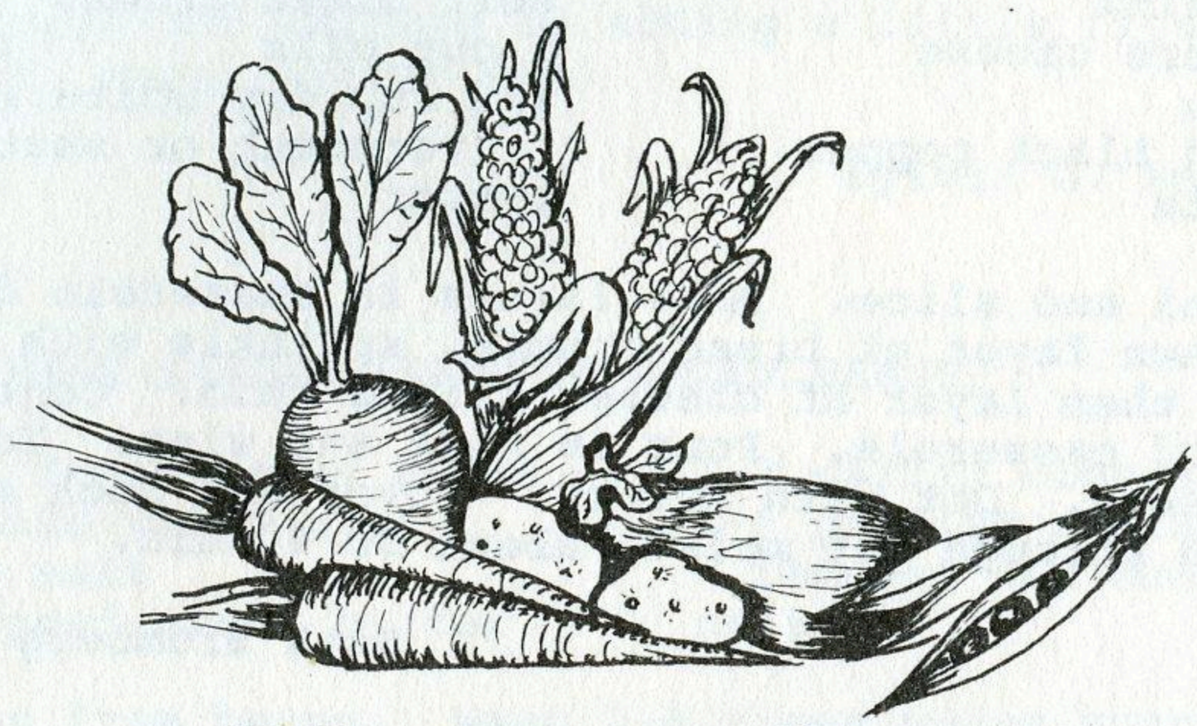
Spire of Graniteville Methodist Church. This Gothic-style church was dedicated March 22, 1871.

MEXICAN RICE

1/2 cup ground raw pork
3 Tbsp peanut oil
2 chorizos (Spanish sausages)
1/4 cup chopped onion
2 Tbsp chopped green pepper
1 clove garlic, finely minced
2 cups rice
4 cups boiling chicken broth
1/2 tsp leaf saffron, crumbled
salt to taste

Cook pork in oil until it looses color. Slice chorizos and add to pork along with onion, pepper and garlic. Continue cooking about 10 min., stirring. Add rice, chicken broth, saffron, and salt; simmer until rice is tender. Cover and let stand until ready to serve.

Fran Cooley



Vegetables

Vegetables add texture and color when used with a meat or poultry...or they can be the meal's focus and provide its main nutrition.

Red Kidney Beans and Zucchini*
GREEN BEANS AND ONIONS*
Leaf Lettuce Salad
Strawberry Filled Pancakes*
Iced Mint Tea*

GREEN BEANS AND ONIONS

"Fresh green beans and small onions should be picked right after the pan is put on the stove to boil the water."

green beans
small onions
salt

Rinse and chop onion tops finely. Put the beans and onions into pan of boiling water with small amount of salt. Boil till tender.

Betsy Harpley

ZUCCHINI CASSEROLE

2 med. zucchini
1 pkg. gruyere cheese
minced onion
fresh ground black pepper
salt to taste
soft bread crumbs
1 cup milk
1/4 cup dry white wine
(vermouth or sauterne)
butter

Wash zucchini and slice. Make layers in casserole dish; first zucchini, then layer of bread crumbs, sprinkle with onion, salt and pepper, then layer of cheese, sliced thin. Continue layering to top of casserole. Pour in milk and wine. Top with layer of cheese. Dot with butter. Cover and cook at 350° until cooked through but moist, about 30-40 min.

Ruth Bromberg

SWEET POTATOES AND APPLES

2 cans (1 lb.) sweet potatoes
2 med. tart apples
1/2 cup light brown sugar, firmly packed
1/4 cup butter
1 tsp prepared mustard
1/2 cup orange juice
2 Tbsp lemon juice
chopped walnuts (optional)

Drain sweet potatoes; pare, core and slice apples. Place potatoes and apples in buttered 2 quart casserole. Sprinkle with sugar. Melt butter. Stir in mustard, orange and lemon juices. Pour on casserole. Bake, uncovered, 35 min. at 400°. Sprinkle with walnuts, if desired. Serves 8.

Elizabeth Elliott

CARROT TZIMMES

1 bunch tender, new carrots
oil
salt
honey
flour

Cut carrots into thin slices. Saute lightly in oil being very careful not to burn them. Add 1/4 cup water; simmer until carrots are almost soft. Add pinch of salt and honey to taste.

CARROT TZIMMES (continued)

By now there should be a sauce. If not, add another 1/4 cup water. Simmer and thicken by adding a little flour. Simmer about 1 min. more. Serve hot.

Sylvia G. Weinstein

HARICOTS VERTS SAUTES (SAUTEED GREEN BEANS)

1-1/2 lbs. fresh green beans
4-6 qts. cold water with 1/2 Tbsp salt
6 Tbsp whipped sweet butter
1-2 garlic cloves, chopped
6-8 parsley stalks, stems removed and chopped
salt

Remove tips from beans. Wash 2-3 times under running water; drain. Cut in half lengthwise, against, rather than with, seam. This may be done in advance and beans may be kept in plastic bag or container and refrigerated. Bring water to boil; add beans. Boil, uncovered, for 6-7 min. Time from when water reaches the boiling point again. Beans should retain slight firmness. Drain well. Heat large frying pan, without any fat. Put beans in; shake briefly to remove any remaining moisture. Add butter, a little at a time, shaking to distribute evenly. Sprinkle with a little salt. Add 1/2 parsley and 1/2 garlic to pan after all butter has melted. Before serving, sprinkle the remaining garlic and parsley on top. Serves 4-6 generously.

Hint: One pound of beans could be used to serve 4.

Lillian Cooper

FLORENCE'S VEGETABLE CASSEROLE

"Proportions are kind of optional, but it's always delicious!"

yellow squash, sliced
zucchini, sliced
sm. onion
celery
frozen lima beans, cooked
1 can mushroom soup
sharp cheese, grated
Ritz crackers

Cook first 4 ingredients in small amount of water or boullion. Add lima beans, soup, cheese. Crumble crackers on top. Heat thoroughly in 350° oven.

Elizabeth Elliott

CAULIFLOWER/SHRIMP SAUCE

2 heads cauliflower (2 lbs. each)
2 Tbsp lemon juice
2 tsp salt
1 can (10 oz.) frozen cream of shrimp soup
1/2 cup light cream
1/2 cup tomato juice

Trim leaves and stems from cauliflower and wash. Make 2-1/2" deep gashes across stems. Brush tops with lemon juice. Place cauliflower, stem ends down, on rack in shallow roasting pan. Add enough water to just cover stems. Add salt to taste; bring to boil. Steam gently, covered, 40-45 min. or until stems are tender. Place unopened can of soup in hot water for 10 min. Turn soup into medium saucepan. Stir in cream and tomato juice; bring to boil, stirring frequently. Keep warm. Drain cauliflower very well. Place in heated serving dish. Spoon sauce over top.

Bev Molina

POMMES de TERRE DUCHESSE (DUCHESS POTATOES)

2-1/4 to 2-1/2 lbs. Maine potatoes (about 4 cups cubed)
1 heaping Tbsp coarse salt or 1/2 Tbsp regular salt
6 Tbsp whipped butter
5 egg yolks
Wondra flour
1 tsp cold water with a pinch of salt

Peel and cube potatoes. Put in saucepan, covered, with cold

POMMES de TERRE DUCHESSE (continued)

water. Cook with salt at rolling boil for 20-25 min. Time after water comes to a boil. Drain and mash well over low flame. Remove from heat. Add butter, mashed in gradually. Add 3 egg yolks, one at a time, beaten in with a wooden spoon.

Beat remaining 2 egg yolks; add water and salt (this is called a dorure). Dust a small amount of potato batter with flour, shape in fancy shape such as brioche, croissant, small french bread, square, etc. Using pastry brush, brush with dorure and place on buttered cookie sheet or dish. Do not allow egg to drip onto pan as it will inhibit rising. Bake at 450° for 15-20 min.

Hint: The potatoes may be kept, refrigerated, for a few days after the addition of the three egg yolks. The duchess potato batter may be forced through a pastry bag or served en casserole.

Lillian Cooper

BROCCOLI SUPREME

1 slightly beaten egg
1 pkg. (10 oz.) frozen chopped broccoli
1 can (8-1/2 oz.) cream-style corn
1 Tbsp grated onion
1/4 tsp salt
dash pepper
3 Tbsp butter or margarine
1 cup herb-seasoned stuffing mix

Partially thaw broccoli. In mixing bowl, combine egg, broccoli, corn, onion, salt and pepper. In small saucepan, melt butter; add herb-seasoned stuffing mix, tossing to coat. Stir 3/4 cup of the buttered stuffing mix into vegetable mixture. Turn into ungreased 1 quart casserole. Sprinkle with remaining stuffing mix. Bake, uncovered, in 350° oven for 35-40 min. Makes 4-6 servings.

Nancy Mather

SPECIAL CARROTS

2 lbs. carrots
3 stalks celery
1/2 lg. onion, diced
3/4 cup dry white wine
1/3 cup sugar
1/4 cup butter
1/2 tsp dill weed

Dice celery, including leaves. Scrape carrots and cut in slices 1/4" thick. In saucepan combine carrots and rest of ingredients. Cook, covered, over low heat until tender.

Nancy Mather

POTATOES PARISIENNE

10-12 med. red potatoes
1/4 lb. longhorn cheese, grated
1/4 lb. sharp cheddar cheese
1 tsp salt
1/2 tsp pepper
1 tsp dry mustard
1/2 pt. cream
1 cup milk

Cook potatoes with jackets on; cool, peel and grate. Add remaining ingredients and mix well. Sprinkle with paprika. Place in 8x10 greased pan at 350° for 1 hr.

Hint: May be mixed and refrigerated the day before.

Leslie Lee

BROCCOLI CASSEROLE

2 pkgs. frozen chopped broccoli
3/4 lb. Velveeta cheese
3/4 cup melted butter
2 cups Ritz crackers, crumbled

Cook broccoli in salted water 10-15 min. Drain well. Melt cheese in top of double boiler. Add just enough milk to make a smooth paste to spread. Put 1/2 of broccoli in buttered 2 quart casserole. Add half of cheese sauce, half of crumbs, half of melted butter. Repeat. Sprinkle with paprika. Bake at 375° for 25-30 min. or until golden brown on top. Serves 8.

Sandra McManus

NORMA'S BROCCOLI SOUFFLE

"So delicious."

2 pkgs. frozen chopped broccoli
2 Tbsp flour
1 sm. jar Cheese Whiz
1 Tbsp butter
3 eggs
2 Tbsp chopped onions

Cook broccoli according to package directions. Pour off excess water. Sprinkle with flour and mix. Saute onion in butter. Add Cheese Whiz; add to broccoli. Beat eggs slightly and add. Pour into buttered casserole; top with buttered bread crumbs. Bake at 350° for 35 min.

Hint: May be made ahead and frozen. Defrost before baking.

Judy Kusmin

POTATO PIE

unbaked 2-crust pie shell
6 med. potatoes
2 tsp salt
1/8 tsp pepper
1 lg. onion
2 Tbsp butter
1 cup heavy cream

Thinly slice potatoes and onion. Alternate layers of potatoes, onions and seasonings in crust. Dot top with butter. Cover with top crust and brush with melted butter. Bake at 375° for 1 to 1-1/4 hrs. Pour cream in top slit. Let stand for 10 min.

Bev Molina

CREAMED ONIONS

24 sm. white onions, peeled
1/4 cup butter or margarine
1/4 cup flour
1/2 tsp salt
1 cup canned chicken broth
1 cup light cream
3 Tbsp grated Parmesan cheese
1/4 cup chopped parsley

Place onions in large saucepan, add boiling salted water to cover. Cover and simmer over moderate heat (about 250°) for 30 min. or until fork-tender. Drain well. Melt butter; blend in flour and salt, stirring constantly. Gradually stir in chicken broth and cream; cook, stirring constantly, until thickened and smooth. Stir in cheese and parsley. Add onions; pour mixture into a 1-1/2 quart casserole. Bake, covered, 10-15 min. at 350° until sauce bubbles. Serves 8.

Hint: Can be cooled and stored in refrigerator until ready to use.

Bev Molina

POTATO KUGEL

"A traditional Jewish side dish. Excellent with roast beef, chicken, or just about anything."

4 lg. potatoes
2 eggs
1 lg. onion
1-1/2 tsp salt
1/4 tsp pepper
2 Tbsp melted fat or oil (optional)
1/3 cup flour or matzo meal

Grate potatoes and onion. Mix everything together and place in greased casserole. Bake 1 hr. or until crust is browned in 350° oven. Serve hot. Serves 4-6.

Hint: Potatoes and onions can be grated in the blender with enough water to cover; drain VERY thoroughly. Potatoes seem to have an inordinate amount of water.

Sylvia G. Weinstein

BAKED HERBED SPINACH

1 cup chopped onion
2 cloves garlic, minced
1/4 cup butter
5 pkgs. frozen chopped spinach, thawed
1 cup heavy cream
1 cup milk
1/2 cup Parmesan cheese
1/2 cup bread crumbs
1 tsp marjoram
1 tsp salt
1/4 tsp pepper
1/4 cup Parmesan cheese

Saute onion and garlic in butter till tender. Combine all ingredients except 1/4 cup Parmesan cheese. Turn into greased 2 quart baking dish. Sprinkle with reserved cheese. Bake 30 min. at 350°. Serves 12.

Carole Frank

FRIJOLES (MEXICAN BEANS)

2 cups pink, pinto or kidney beans
5-1/2 cups lukewarm water
1 onion
1/2 bay leaf
salt to taste
1/2 cup bacon fat

Rinse beans, but do not soak them. Place in saucepan and add water, onion and bay leaf. Cover and simmer until beans are wrinkled; stir occasionally. Add salt and continue cooking until beans are thoroughly tender. If necessary, add more water, a little at a time, as beans cook. When beans are nearly done, mash a few to thicken. Continue cooking, stirring frequently, until done. Add bacon fat; cook 10 min. longer or until beans have desired thickness. Pour into casserole and top with grated yellow cheese. Bake at 350° for 20 min. Serves 6.

Fran Cooley

The present Westford Nursing Home was built by J. W. Abbott and served as the family home. It was moved in the 1870's to its present Main St. location.

HERB GREEN BEANS

1 lb. green beans
1/4 cup butter or margarine
3/4 cup minced onions
1 clove garlic, crushed
1/4 cup minced celery
1/4 cup snipped parsley
1/4 tsp dried rosemary
1/4 tsp dried basil
1/2 tsp seasoning salt

Crosscut beans and cook until done. Meanwhile, melt butter in a saucepan; add onions, garlic and celery. Saute for 5 min. Add parsley, rosemary, basil and salt. Simmer, covered, for 10 min. Stir well into drained beans.

Ellen Harde

GARDEN SKILLET

1/2 cup butter or margarine
6 sm. zucchini
1 med. cauliflower
1 green pepper
1 tsp garlic salt
2 med. tomatoes
1/4 cup grated Parmesan cheese
1 onion, sliced

Cut zucchini in 1/2" slices, cauliflower in flowerettes, green pepper in strips, and tomatoes in wedges. In large skillet, melt butter. Add zucchini, cauliflower, green pepper, onion and garlic salt. Cover and simmer 15 min., stirring occasionally. Add tomatoes. Cook 5 min. Sprinkle cheese over vegetables and stir lightly. Serves 8.

Bev Molina

EASY BAKED BEANS

2 cans (16-18 oz.) pork & beans
3/4 cup brown sugar
1 tsp dry mustard
6 slices bacon, chopped
1/2 cup ketchup

Empty 1 can of beans into greased casserole. Combine sugar and mustard; sprinkle 1/2 of mixture over beans. Top with remaining beans. Sprinkle remaining sugar-mustard mixture, bacon and ketchup over beans. Bake, uncovered, at 325° for 2-1/2 hrs.

Gail Wood

CHEESE AND SPINACH CASSEROLE

"This always brings raves."

1 lb. cottage cheese
3 eggs
1/4 cup butter
1/4 cup sharp cheddar cheese
2 pkgs. frozen chopped spinach
3 Tbsp flour
2 tsp salt

Cut butter and cheese in coarse pieces. Thaw and drain spinach. Beat eggs slightly. Add remaining ingredients. Blend thoroughly. Pour into buttered 1-1/2 quart casserole. Bake 1 hr. at 325°.

Hint: Can be made ahead of time and refrigerated until baking time.

Sharon Hellstedt

ARMENIAN SQUASH

"Goes well with roast turkey, green vegetables."

1 lg. butternut squash
1/3 cup uncooked regular rice (not instant)
1 lg. onion
1 stick butter
salt and pepper
sugar

Slice and section onion; mix with rice, salt and pepper. In large heavy fry pan, melt butter and swish to coat bottom and sides. Drain butter into a cup. Place a good layer of squash on bottom, completely covering pan. Sprinkle with sugar. Cover squash with rice and onion mixture. Form final layer with remaining squash. Sprinkle with sugar. Spoon butter over top. Cover and simmer (225°) for 1 to 1-1/2 hrs. To serve, turn onto round platter. Cut in pie wedges and serve.

Carolyn Lumenello

GLAZED CARROTS

1 lb. carrots
1/4 tsp salt
2 Tbsp butter
2 tsp sugar
1/3 cup water
1 Tbsp chopped parsley

Slice carrots 1/4" thick. Place in saucepan with salt, butter, sugar and water. Cover pan tightly with foil. Cook over medium heat, shaking pan occasionally, until liquid is absorbed and carrots are tender. Remove foil and continue cooking until carrots begin to brown. Garnish with parsley. Serves 4.

Roberta Panagakos

EGGPLANT ROUMANIAN

1 eggplant
salt
1 onion, sliced
1 tomato, sliced
1 green pepper, sliced in rings
1/4 cup white vinegar
1/4 cup ketchup
1/2 cup vegetable oil

Peel raw eggplant and cut into 1/2" slices. Arrange in 9x9 baking dish; sprinkle with a little salt. Put a thin slice of raw onion on each slice of eggplant; sprinkle lightly with salt. Put a slice of tomato on each onion slice; salt lightly. Put green pepper ring on each tomato slice. Combine remaining ingredients. Pour sauce over vegetables. Cover tightly with foil and bake 1 hr. at 375°. Serve hot.

Bev Molina

STRINGBEAN AND ONION CASSEROLE

beans
1 can cream of mushroom soup
1/2 cup milk
fried onion rings

Cook beans and drain. Add soup and milk. Mix well and pour into casserole dish. Bake at 350° for about 10 min. Sprinkle fried onion rings on top and return to oven to brown, about 20 min.

Florence Ross

PECAN SWEET POTATO CASSEROLE

6-8 med. sweet potatoes
6-8 marshmallows
1/2 tsp cinnamon
1/2 cup chopped pecans
1/4 cup sugar
2 eggs
1/4 cup milk
1/4 to 1/2 cup orange juice
1/4 tsp nutmeg

Boil potatoes in salt water until soft. Drain. Mash potatoes and add everything except marshmallows. Place in buttered casserole and bake 15-20 min. at 350°. Cover with marshmallows. Turn off oven heat and return casserole to oven for about 10 min. or until marshmallows soften. Serves 6-8.

Ruth L. Bromberg

HERBED CHERRY TOMATOES

1 qt. cherry tomatoes
2 tsp salt
1/2 tsp pepper
1 tsp marjoram, crumbled
1/2 cup chopped parsley
1/2 cup chopped chives
1-1/3 cups vegetable oil
1/2 cup tarragon vinegar

Halve tomatoes. Put in shallow bowl Sprinkle salt, pepper, marjoram, parsley and chives over tomatoes. Combine oil and vinegar. Pour over tomatoes. Chill. Serves 12.

Linda Beck

BROWNED SAUERKRAUT

"Not as strong as regular sauerkraut. Goes well with Bratwurst."

1 can (16 oz.) sauerkraut
3 slices bacon, diced

Rinse sauerkraut well with water, Brown bacon, leave the grease in skillet. Add sauerkraut, brown about 15 min. at medium heat. Then cover and steam for 10 min. more. Turn sauerkraut over a few times. Serves 4.

Rosemarie Koester

SPINACH-ZUCCHINI CASSEROLE WITH RICE

4 pkgs. (10 oz.) fresh spinach
2 lbs. zucchini
2 cloves garlic
1 cup cooked rice
salt and pepper
8 eggs
3/4 cup grated Parmesan
1/2 cup bread crumbs

Clean and chop spinach. Wilt it by placing in covered skillet with 1 Tbsp. oil. Peel and dice zucchini. Saute with garlic. Toss spinach, zucchini and cooked rice; place in flat oven-proof baking dish. Bake for 20 min. at 350°. Beat eggs; pour over mixture. Sprinkle with cheese and bread crumbs. Bake until eggs are set, about 15 min. Serves 6-8.

Leslie Lee

MUSTARD GLAZED CARROTS

2 lbs. carrots
3 Tbsp butter
3 Tbsp prepared mustard
1/4 cup brown sugar
1/4 cup chopped parsley

Cook carrots 20 min.; drain. In saucepan cook butter, mustard and brown sugar for 3 min. Pour over carrots; top with parsley.

Barbara Lamson

SUMMER SQUASH CASSEROLE

6 cups summer squash
1 lg. chopped onion
1 cup grated raw carrot
1 pt. sour cream
1 can cream of mushroom soup
1 stick butter
1 pkg. (8 oz.) Pepperidge Farm Stuffing Mix

Boil onion with squash until tender. Drain and mash. Add carrot, sour cream and soup. Melt butter and add to stuffing. Grease casserole; layer with 1/2 stuffing mixture, then squash mixture, and finally the remaining stuffing mixture. Bake 35 min. at 350°.

Sherry McGovern

SPINACH LOAF

"A bright and alive flavor makes spinach a great choice as a side dish. Divine with ham."

2 bags spinach
2 cups heavy cream
3 eggs
dash of salt
dash of pepper
dash of nutmeg
grated Parmesan or gruyere
slivers of butter

Parboil spinach briefly, no more than 5 min. Drain and chop. In a large bowl, beat 2 cups heavy cream, eggs, salt, pepper and nutmeg. Stir in the spinach and pour into a well-buttered gratin dish or heavy casserole. Sprinkle lavishly with grated cheese and slivers of butter. Bake for 20 min. in a preheated 450° oven until well browned. Serves 8.

Cynthia Seavey

POTATOES ANNA

4 lg. potatoes
1/3 cup soft butter
salt
pepper

Butter a round oven-proof casserole with 1 Tbsp. butter. Slice potatoes as thinly as possible into a bowl of cold water. Drain potatoes on a towel; season with salt and pepper. Place a single layer of potatoes in the buttered casserole, including up the sides. Dot with 1 Tbsp. butter. Repeat layers ending with butter. Bake for 40-50 min. at 425°.

Hint: Don't let potatoes get soggy! Can be inverted to serve or spooned from casserole.

Ellen Harde

ROSEMARY'S FRIED CAULIFLOWER

1 med. cauliflower
1 egg, beaten
seasoned bread crumbs
hot oil

Separate buds of cauliflower; boil till tender. Cool. Dip in beaten egg, then in seasoned bread crumbs. Fry in hot oil.

Margie Barnett

RUTABAGA POTATOES

3 baked potatoes
pureed, cooked rutabaga
3 Tbsp minced shallot or scallion
6 Tbsp butter
1/4 cup heavy cream
2 Tbsp freshly-grated Parmesan
salt
pepper
nutmeg
bread crumbs

Halve the potatoes, scoop out the pulp and reserve the shells. Puree the pulp, measure it and combine it with an equal amount of the pureed cooked rutabaga. In a skillet, saute shallot in the butter; stir it into the puree. Add cream, Parmesan cheese, salt, pepper and nutmeg to taste. Heap the mixture into the reserved potato shells, sprinkle it with bread crumbs and dot with butter. Heat in moderate oven, 375°, for 10-15 min.

Nancy Mather

BRUSSEL SPROUTS

1 pkg. (10 oz.) brussel sprouts
1/2 cup low calorie Italian dressing
2 Tbsp onion, chopped
1 sm. clove garlic
1 tsp parsley flakes
1/2 tsp dill weed

Finely chop onion and mince garlic clove. Cook brussel sprouts; drain well. Cut large pieces in half. Combine remaining ingredients and pour over warm sprouts. Cover; marinate in refrigerator. Drain and serve.

Linda Beck

BROILED TOMATOES

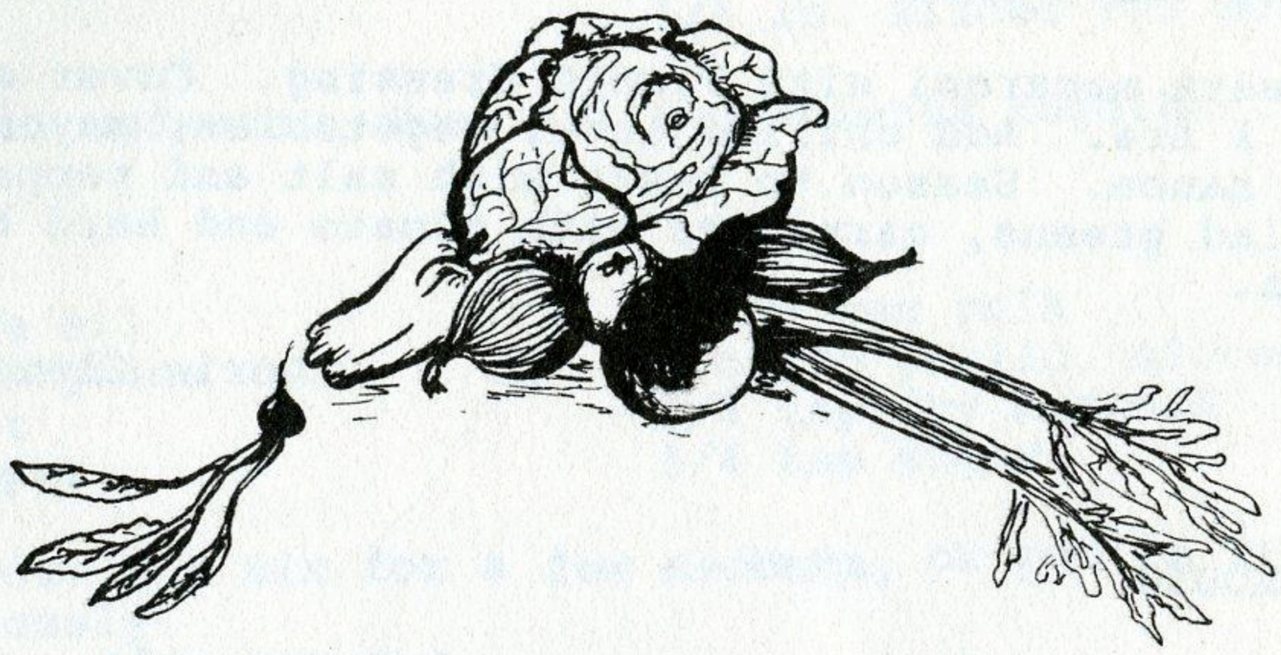
"Easy to do."

6 med. tomatoes
1 cup unseasoned bread crumbs
4 Tbsp melted butter
1 Tbsp garlic salt
1 tsp paprika
pinch of mixed herbs (basil oregano, thyme, rosemary)
1 Tbsp light brown sugar
sliced cheese

Slice off and discard stems of tomatoes; slice in half. Put slices in buttered pan. Mix remaining ingredients, except cheese, and spread on tomatoes. Bake 20 min. at 350°. Top with sliced cheese and put under broiler for 2 min. Serves 6.

Hint: Tomatoes should be showing color, but not completely ripe.

Carlene Craib



Salads

A salad...green and crisp,..clears the palate...gives the summer gardner a reason for his labor.

Sabdy's Cheese Ball* and Crackers
Chicken Kabobs*
Rice Fresh Vegetable
WILTED LETTUCE SALAD*
Rolls and Butter
Bananas Flambe*

WILTED LETTUCE SALAD

6 slices bacon
1 beaten egg
1/4 cup minced onion
2 Tbsp sugar
1/2 tsp salt
1/3 cup vinegar
2 Tbsp water
1 head lettuce

Cook bacon till crisp. Combine all ingredients except for lettuce. Add to bacon. Heat to boiling, stirring constantly. Tear one head lettuce into a bowl. Pour hot dressing over lettuce and toss lightly.

Sharon Hellstedt

MACARONI AND TUNA SALAD

4 cups cooked macaroni
1/2 cup French dressing
1/2 cup diced green pepper
1/3 cup diced cucumber
1 can (7 oz.) tuna
1/4 cup mayonnaise
1/4 cup chili sauce
salt and pepper
salad greens

Toss warm macaroni with French dressing. Cover and chill at least 2 hrs. Add chilled tuna, vegetables, mayonnaise and chili sauce. Season to taste with salt and pepper. Serve on salad greens, garnished with tomato and hard boiled egg wedges.

Doris Clemons

CRAB LOUIS

1/2 cup mayonnaise
1/2 cup sour cream
2 Tbsp chili sauce
2 Tbsp salad oil
1 Tbsp vinegar
1 Tbsp prepared horseradish
1 Tbsp fresh lemon juice
1 Tbsp chopped parsley
2 tsp grated onion
1/2 tsp salt
4 drops Tabasco sauce
1 lb. frozen crabmeat
1 head iceburg lettuce
lemon wedges
ripe olives and/or cherry tomatoes for garnish (optional)

In small bowl mix all ingredients through the Tabasco sauce; cover and refrigerate. Thaw crabmeat and drain. Dry thoroughly on paper towels. Break into bite size pieces and refrigerate until ready to use. Shred the lettuce by cutting the head in half, then slicing thinly. Arrange on individual salad plates. Arrange crabmeat over it and top with sauce. Garnish with lemon wedges. Serves 6.

Roberta Panagakos

SPINACH SALAD III

10 oz. fresh spinach
6 slices bacon, diced and cooked
1/2 bunch scallions or green onions, sliced
1/4 lb. sliced raw mushrooms

Wash and sort spinach. Toss all ingredients together.

Dressing:

6 Tbsp olive oil
2 Tbsp lemon juice
3/4 tsp salt
1/8 tsp pepper
1 raw egg yolk
1 clove garlic, minced
1/8 tsp dry mustard
1/4 tsp sugar

Put in blender and mix for a few seconds, or put in jar and shake vigorously.

Dorothy Swanson

COLE SLAW

1 cabbage (4 lbs.)
1/2 cup sugar
1/4 cup coarse salt
1/2 cup vinegar
Shredded carrots
Chopped onion
Chopped green pepper
Mayonnaise

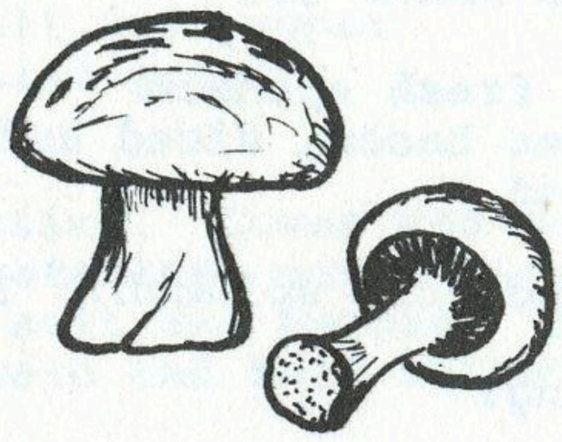
Shred cabbage fine without washing. Place in large bowl and sprinkle with sugar and salt. Let stand one hour, then add vinegar. Let stand another hour, squeeze out excess vinegar. Add other vegetables and dressing. Refrigerate.

Hint: Overnight in the refrigerator makes it taste better, but it can be served the same day.

Sylvia Weinstein

SPINACH AND MUSHROOM SALAD

2 lbs. mushrooms
spinach
vinagarette dressing
sliced chives



Clean and slice mushrooms. Marinate in vinagarette dressing for a day. Wash and dry spinach. Place on individual salad plates. Put mushrooms over leaves, add chives and top with fresh vinagarette dressing.

Cynthia Seavey

TABBAULA (SYRIAN SALAD)

1-1/2 cups fine wheat
3 tomatoes
1 bunch green onions
1/2 green pepper
1 bunch parsley
1/2 cucumber
1 handful dry mint
1-1/2 tsp salt
1/2 cup lemon juice
1/2 tsp red pepper
1/2 cup olive oil
Romaine

Dampen wheat in 1 cup water while chopping other ingredients very fine. Put wheat on top. Sprinkle salt, lemon juice and red pepper on top; mix. Pour on olive oil. Mix and chill in refrigerator. Serve on Romaine. Serves 8.

Elizabeth Elliot

SPINACH SALAD II

"Serves eight easily."

1 lb. fresh spinach, washed and drained
Bacon, fried and chopped
Seasoned croutons
Fresh sliced mushrooms
Ken's Steak House Italian and marinade dressing

SPINACH SALAD (continued)

Toss spinach, bacon and mushrooms with dressing. Add seasoned croutons and serve.

Mary Trout

CRANBERRY-APPLE SALAD MOLD

1 pkg. (6 oz.) strawberry jello
2 cups boiling water
1 can (16 oz.) whole cranberry sauce
1/2 cup port wine
1/4 cup chopped walnuts
1 can (8-1/2 oz.) applesauce (1 cup)

Dissolve jello in boiling water. Stir in cranberry sauce, applesauce and wine. Chill until partially set; fold in walnuts. Pour into 6-1/2 cup mold. Chill 5 to 6 hrs. or overnight. Serves 10 to 12.

Nancy Overbaugh

ROQUEFORT DRESSING

4 oz. roquefort cheese or bleu cheese, crumbled
1 cup sour cream
1/2 cup real mayonnaise
1 Tbsp wine vinegar
1/2 tsp salt
1/8 tsp garlic salt
dash of pepper

Combine all ingredients and chill.

Polly Curran

MAIN-DISH: SALMON-STUFFED TOMATO

4 med. size tomatoes
1 can (1 lb) salmon, drained and flaked
1/2 cup diced celery
1/4 cup finely chopped green pepper
1 Tbsp minced onion
1 Tbsp toasted sesame seeds
2 hard cooked eggs
salt to taste
1/8 tsp dry mustard
dash of pepper
2 tsp lemon juice
3 Tbsp sour cream

Cut a thin slice from the top of each tomato and scoop out some of the interior. Invert on a plate to drain. Mix salmon together with celery, green pepper, onion, sesame seeds, salt, mustard, pepper, lemon juice and sour cream. Reserve 1 egg yolk and chop remaining eggs; stir into salmon mixture. Stuff each tomato with 1/4 of the mixture. Garnish top of each with some of the sieved reserved yolk. Serves 4.

Nancy Mather

CUCUMBER SALAD MOLD

"Superb with cold ham or turkey."

2 envelopes unflavored gelatin
2 Tbsp sugar
3/4 cup water
8 oz. pkg. cream cheese
4 cucumbers
1 cup mayonnaise
3/4 tsp salt
2 Tbsp lemon juice
3 Tbsp finely chopped onion
1/4 cup snipped parsley(optional)

Mix gelatin, sugar and salt in saucepan. Add water and stir over low heat until gelatin and sugar are dissolved. Remove from heat and add lemon juice. Gradually beat hot gelatin mixture into softened cream cheese until smooth. Pare and halve cucumbers, remove seeds. Grind or shred and drain. You should have 1-1/2 to 2 cups pulp. Add cucumber, mayonnaise, onion and parsley to cream cheese mixture. Chill till firm - approximately 6 hours.

Hint: Will refrigerate for several days.

Christine White

GREEN BEANS CAESAR SALAD

2 pkg. frozen whole green beans
1/3 cup water
1 tsp garlic powder
2 tsp olive oil
1 can French fried onion rings
1/2 cup grated parmesan cheese

Cook beans with water and garlic powder. Drain. Add oil and chill. At serving time, toss in cheese and onions.

Roberta Panagokos

MANDARIN SALAD

1/4 cup sliced almonds
1 Tbsp plus 1 tsp sugar
1/4 head lettuce
1/4 head romaine
1 cup chopped celery
2 green onions with tops
1 can (11 oz.) mandarin oranges

Thinly slice onions. Mix all ingredients.

Dressing:

1/2 tsp salt
dash pepper
2 Tbsp sugar
2 Tbsp vinegar
1/4 cup salad oil
dash red pepper sauce
1 Tbsp snipped parsley

Mix and pour over salad.

Mary Woodward

ORANGE CRANBERRY SALAD

2 cups cranberries
2 cups sugar
2 pkgs. lemon Jello
4 cups hot water
1 cup diced celery
1/2 cup nuts
1 orange

Grind cranberries and orange. Add sugar. Let stand while jello thickens. Add all ingredients to thickened jello. Let ripen for a day. Serves 12.

Fran Cooper

LEMON MINT DRESSING

1/2 cup olive oil or salad oil
1/4 cup lemon juice
3 Tbsp dried mint leaves chopped or 1 Tbsp fresh mint leaves
1/2 tsp salt
1/4 tsp garlic powder
1/4 tsp freshly ground pepper

Mix all ingredients. Let stand at least 15 min. before tossing salad.

Hint: Use for salad consisting of lettuce, tomato wedges, cucumber slices, red onion slices, black olives and celery.

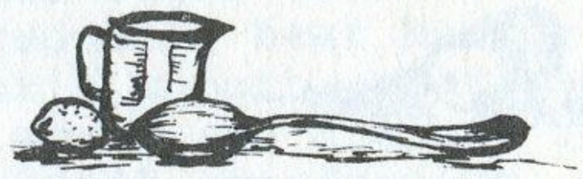
Carolyn Lumenello

MAYFAIR DRESSING

"This is a creamy dressing with a unique flavor; especially tasty on salad made with Romaine lettuce and croutons."

1 clove garlic
1/2 med. onion
1 rib celery
1 can (2 oz.) anchovies
1 tsp pepper
1 tsp Accent (heaping)
1/2 tsp sugar
2 Tbsp salad mustard
1 Tbsp lemon juice
3 eggs
2 cups oil

Peel and slice garlic, onion and celery. Combine all ingredients except eggs and oil. Mix in blender. Add eggs one at a time, blending after each. Add oil slowly, pouring a tiny stream as blender whirls ingredients. Keeps about 10 days to 2 weeks in refrigerator.



Leslie Lee

CAESAR POTATO SALAD

5 lb. potatoes
1/2 cup salad oil
1/4 cup parmesan cheese
1/4 cup lemon juice
1 Tbsp salt
1 Tbsp Worcestershire sauce
1/4 tsp pepper
8 bacon slices, fried and crumbled
1 med. onion, chopped
1/4 cup chopped parsley

At least 3 hrs. before serving: Boil unpeeled potatoes; drain and cool. Beat together oil, cheese, lemon juice, salt, worcestershire sauce and pepper. Peel potatoes and dice. Add potatoes, bacon, onion and parsley to oil mixture. Toss gently to mix well. Refrigerate. Serves 8 - 10.

Carole Frank

CHICKEN SALAD

"This was given to me by a Japanese friend and it is excellent for a summer meal."

1/2 lb. chicken
1/2 box E-Min (dried noodles)
1 head lettuce
4 green onions
2 Tbsp toasted almonds (optional)
1/2 chopped green pepper (optional)

Boil and shred chicken. Slice and shred lettuce; cut onions in 2 inch strips.

Sauce:

2 Tbsp sugar
1 tsp salt
1 tsp MSG
1/2 tsp pepper
1/2 cup oil
3 Tbsp vinegar
2 Tbsp sesame seed

Put all ingredients for sauce in jar and refrigerate. Shake well. Mix everything together just before serving.

Hint: Potato chips or won ton (fried skins) may be substituted for E-Min.

Sylvia G. Weinstein

SPINACH SALAD IV

3 cups sugar
3 tsp celery seed
3 tsp salt
3 tsp paprika
6 Tbsp lemon juice
2 cups catsup
1 cup oil
1/4 cup water
3/4 cup vinegar
spinach

Combine above ingredients except spinach, for dressing. Can be stored in refrigerator for quite a while. Wash spinach, remove stems and tear up into pieces in salad bowl. Can toss with crumbled hard-cooked egg and bacon if desired. Serve dressing separately.

Nancy Mather

SALADE DE LAITUES (LETTUCE SALAD)

Fresh young lettuce
2 tsp chopped chives
1 clove garlic
2 dessert spoons wine vinegar
pinch of salt, pepper and sugar
1 tsp chopped tarragon
2 salt spoons mustard
6 dessert spoons olive oil

Wash lettuce, dry thoroughly and hang in salad basket to dry further. Rub garlic with pinch of salt in salad bowl. Mix oil, vinegar, tarragon, chives, mustard, black pepper and sugar. Pour over lettuce and toss well again before serving.

Lillian Cooper

CELERY AND LETTUCE SALAD

1 bunch celery
1 head lettuce
vinegar
oil
sesame seeds
dill seed
sugar

Wash, drain and dice the celery. Wash and core the lettuce. Shred lettuce into bowl; add celery and 1/4 cup oil, 1 Tbsp

SPINACH SALAD V

1 lb. spinach leaves
2 hard boiled eggs, diced
1 red apple, diced & unpeeled
1 onion, sliced in fine rings
1/4 lb. bleu cheese, crumbled
1 cup mayonnaise
1/2 pt. sour cream

Tear spinach in pieces. Combine above and serve chilled. Serves 6.

Nanci Bohne

CREAMED COLD CUCUMBERS

2 cucumbers, sliced
1 Tbsp salt
Pepper
3/4 cup sour cream
1 tsp vinegar (or to taste)
garlic powder

Add salt to sliced cucumbers. Let soak 1/2 hour. Press out liquid by hand. Add pepper and garlic to taste. Add sour cream and vinegar. Serve cold.

Rosemarie Koester

MARINATED BEANS

1 can firm (Blue Lake) green beans
1 can wax beans
1 can kidney beans
3/4 cup sugar
3/4 cup vinegar
1/2 cup clear bean liquid
4 Tbsp oil
sprinkle of garlic powder, or minced garlic
black pepper
1 lg. onion, sliced and pressed into rings

Drain first 2 cans of beans and reserve 1/2 cup liquid. Drain kidney beans. Mix all ingredients in large bowl. Refrigerate overnight and stir once or twice before serving. Keeps for weeks in the refrigerator. Serves 12.

Hint: Save bean liquid for soup.

Jean Downey

ITALIAN VEGETABLE SALAD

"An especially nice-looking salad, can be made with just green and white vegetables."

1/4 cup wine vinegar
1/4 cup olive oil
1/4 cup salad oil
2 garlic cloves (pressed)
salt and pepper
1/2 tsp dry mustard
torn lettuce

assorted vegetables: cooked diced potatoes, cooked asparagus chunks, cut cooked green or wax beans, cucumber chunks, thinly sliced celery, tiny cooked peas, cooked sliced carrots, beet chunks, onions

Beat all the dressing ingredients together in the bottom of a large salad bowl. About 1 hr. before serving, place approximately six cups of any combination of the assorted vegetables in the salad bowl. Add, on top of the vegetables, torn lettuce to almost fill the bowl. Cover and chill until serving time. Toss the salad at serving time.

Hint: Use canned beets since fresh ones "bleed" too much.

Nancy Mather

WHITE BREAD

6-7 cups unbleached flour
2 Tbsp sugar
1 Tbsp salt
2 pkgs. active dry yeast
1/2 cup softened butter or margarine
2 cups very hot tap water
peanut or vegetable oil

Thoroughly mix 2 cups flour, sugar, salt and yeast in large bowl. Add softened butter. Slowly add hot water to the dry ingredients and beat 2 min. on medium speed of electric mixer, scraping bowl often. Add 1 cup more of flour, enough to make a thick batter, and beat 2 min. at high speed. Stir in enough additional flour to make a soft dough. Turn out onto a floured board and knead until smooth and elastic, about 10 min. Punch dough down and divide in half. Shape into 2 loaves. Place each loaf in greased loaf pan. Brush with oil. Cover pans loosely with plastic wrap and refrigerate for 2-24 hrs.

When ready to bake, remove loaves from refrigerator; allow to sit at room temperature for 10 min. Puncture any gas bubbles with greased toothpick. Bake for 30-40 min. at 400°. Cool on wire racks. Makes 2 loaves.

Bob Simmons

APPLESAUCE NUT BREAD

"This simple bread tastes better if allowed to sit overnight before serving."

1/2 cup shortening
1 cup sugar
2 eggs
1 tsp baking powder
1 tsp baking soda
1 cup applesauce
1 tsp vanilla
2 cups flour
pinch of salt
1 cup walnuts, chopped

Cream shortening and sugar. Add eggs and beat well. Sift dry ingredients together and add to above, alternating with applesauce and vanilla. Mix well. Add nuts. Bake in 2 well greased bread pans for 30 min. at 350°. If using one pan, bake for 40 min.

Judy Corbett

SQUASH BREAD

"Freezes well and stays moist."

3 cups sugar
1 cup oil
4 eggs
1-1/2 tsp salt
1 tsp cinnamon
1 tsp nutmeg
2/3 cup water
2 cups squash (cooked or canned)
3-1/3 cups flour
2 tsp baking soda
nuts (optional)

Mix sugar, oil, eggs and water. Sift dry ingredients together and add to sugar mixture. Fold in squash and nuts. Turn into 3 greased bread pans (9x5x3). Bake 1 hr. at 350°.

Pat Wotruba

SWEDISH PANCAKES

"They really are simple. Even my husband can make them."

4 eggs
2 Tbsp sugar
1/2 tsp salt
4 Tbsp oil
1-1/2 cups flour
2-1/2 cups milk

Whip all ingredients together with mixer or in blender. Pour small amount of batter in hot, greased pan; swirl around to fill to edges of pan (pancakes should be very thin). Turn when first side begins to brown.

Sharon Hellstedt

OLD FASHIONED BLUEBERRY MUFFINS

"Delicious when served hot with butter."

1 egg
1/2 cup molasses
1/2 cup sugar
1/3 cup shortening
1/2 cup sour milk
1 tsp baking soda

2 cups flour
1/2 tsp cinnamon
1/2 tsp ginger
1/2 tsp nutmeg
1/2 tsp salt
1 cup blueberries

Combine egg, molasses, sugar, shortening, sour milk and baking soda. Add dry ingredients. Stir in blueberries. Drop by teaspoons on greased cookie sheet. Bake 15-20 min. at 350°.

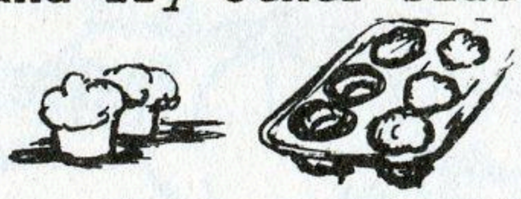
Margaret Cookman

FRENCH DOUGHNUTS

1 cup boiling water
1/4 cup shortening
1/2 cup sugar
1 tsp salt
1 cup evaporated milk

1 cake yeast softened in 1/2 cup warm water
2 eggs, well beaten
7 cups sifted flour (approximately)

Pour boiling water over shortening, sugar and salt. Add milk. When lukewarm, add yeast which has been softened. Add eggs and four cups of the flour. Beat hard. Add enough flour to make a soft dough. Place in a greased bowl. Grease top of dough, cover with waxed paper and a lid. Refrigerate until ready to use. Roll into 1/4" thickness; cut and fry in deep, hot fat. Turn and fry other side.



Florence Ross

CHEESE CRANBERRY BREAD

"Great when sliced, buttered and oven toasted."

2 cups fresh cranberries
2 cups sifted flour
1 Tbsp baking powder
1/2 tsp salt
1 cup sugar
1/2 cup chopped nuts
1 cup milk
1 slightly beaten egg
grated rind of 1 orange
1/4 cup melted butter
1-1/2 cups shredded cheese

Halve berries. Set aside. Sift flour, baking powder, salt and sugar together. Add berries and nuts to dry ingredients, coating well. Combine milk, egg, orange rind and butter. Add to dry ingredients with cheese. Stir only enough to moisten. Pour into buttered loaf pan, spreading evenly. Make corners and sides slightly higher than center. Bake for 1 hr. at 350°. Cool 10 min. and then turn out of pan to cool.

Sharon Hellstedt

NORWEGIAN TEA BREAD

"A type of shortbread, but not as rich."

1 cup margarine
1 cup sugar
1 egg
3-1/2 cups flour
1 tsp baking powder

Mix all ingredients together. Divide dough into two parts and shape into round balls. Press each ball into a flat rectangle, about 3/8" thick and 3" wide. Bake for 15 to 20 min. in a moderate oven. Cut into 1/2" wide strips. Return strips to oven, with door ajar, to dry and crisp.

Barbara Lamson

CRANBERRY BREAD

2 cups flour
1/2 tsp salt
1-1/2 tsp baking powder
1/2 tsp baking soda
1 cup sugar
juice and rind of 1 orange
1 Tbsp salad oil
3/4 cup boiling water
1 beaten egg
1 cup chopped nuts
1 cup whole, raw cranberries

Sift dry ingredients together twice. Combine juice and rind or orange, salad oil and boiling water. Add beaten egg. Combine dry and liquid ingredients. Add nuts and cranberries. Turn into greased loaf pan. Bake for 1 hr. at 325°.

Nancy Overbaugh

PUMPKIN BREAD

"This moist, quick bread tastes as good after being frozen as when fresh."

4 eggs, beaten
1 cup Crisco oil
3 cups sugar
2/3 cup cold water
1 can (16 oz.) pumpkin
3-1/4 cups flour
2 tsp baking soda
2 tsp salt
1 tsp cinnamon
1 tsp nutmeg
1 cup raisins

Blend eggs, oil, sugar and water. Add the pumpkin; blend well. Sift flour, baking soda and salt. Add cinnamon, nutmeg and raisins to sifted ingredients. Slowly add to rest of mixture. Turn into 3 greased bread pans. Bake for 1 hr. at 350°.

Judy Corbett

HALLAH (Sabbath Bread)

"The specific grains from which this bread is traditionally baked were available to only rich families in Europe. Therefore, the poorer families could have it only at Sabbath time, when even the poor are considered rich. The custom of eating this bread only on the Sabbath and during festivals has remained."

1/2 cup oil
4 tsp salt
1 Tbsp sugar
1 cup boiling water
1/2 cup cold water
2 pkgs. dry yeast
1/3 cup warm water
3 eggs
7 cups unbleached flour
vegetable shortening
sesame or poppy seeds

Pour the oil, salt and sugar into a large mixing bowl. Add boiling water and stir. Add cold water. Dissolve yeast in warm water. Beat eggs; set 1 Tbsp. of beaten egg aside. Add eggs to oil and water mixture. Add dissolved yeast and stir; add flour and stir.

Turn out onto a floured board and knead until dough does not stick to board or hands, adding more flour if necessary. Return dough to bowl and cover with a clean towel. Let rise in a warm place 1 hr., or until doubled in bulk. A finger poked in should leave a hole.

Turn dough onto a lightly floured board and knead 1 min. Cut dough into 12 equal pieces. Knead each piece with a little flour until it is not sticky. Let dough rest while greasing a cookie sheet with a little vegetable shortening.

Roll each piece of dough into an 8 inch strand. Using 3 strands for each loaf, braid 4 loaves. Place on greased baking sheet, let rise at room temperature 45 min. Brush top of each loaf with reserved beaten egg. Sprinkle with seeds. Bake for 40 min. at 375°. Remove to rack to cool.

Hint: Extra loaves can be frozen. Frozen loaves should be thawed and placed in the oven for 5-10 min. to restore fresh flavor.

Sylvia Weinstein

HOMEMADE BREAD

3 Tbsp or 1 pkg. yeast
2 cups fine grind whole wheat flour
3 cups warm water
1/2 cup molasses or 1/4 cup sugar
1/4 cup oil
1 cup stone ground corn meal (optional)
1/4 cup wheat germ
1 Tbsp salt
2 cups rye flour
3 cups whole wheat flour

Place yeast, whole wheat flour, warm water, molasses or sugar in large bowl. Beat well with wire whip or mixer. Cover; let set for 20 min. This is your sponge and will result in a much better textured loaf of whole wheat bread."

Add to the sponge the remaining ingredients. Beat 7 min. at low speed on electric mixer, or hand beat 100 strokes. This breaks down gluten for a lighter bread. When dough is soft enough to clean the sides of bowl, turn out onto floured board. Cover; let rest for 10 min.

Return to clean, greased bowl. Turn greased side up, cover and let rise 1 hr. Punch down; let rise again. Turn out onto floured board. Divide into 3 equal parts, form into loaves. Place in greased loaf pans, grease tops. Cover; let rise for 45 min. Bake for 50 min. at 350°, cool on sides on wire racks. For soft crust, cover with a towel. For hard crust, let cool uncovered.

Hint: In using this recipe, best results will be obtained from very fine grind flours from Walnut Acres or Ted Whitmer's wheat. If other brands of whole or rye wheat flour are substituted, the texture and taste will not be the same.

Betsy Harpley

The "Knight of Westford"
An inscription on a rock near the Abbot Middle School of unknown origin resembling the Coat of Arms of the Earl of Walkford.

ZUCCHINI BREAD

"This is excellent. Everyone always wants the recipe."

3 cups peeled, grated zucchini
1-1/2 cups oil
3 cups sugar
3 eggs
4 tsp vanilla
4-1/2 cups flour
1-1/2 tsp baking soda
1/2 tsp baking powder
1-1/2 tsp salt
4-1/2 tsp cinnamon
3/4 cup nut meats

Mix zucchini, oil, sugar and vanilla. Do not overmix. Add remaining ingredients and mix well. Turn into 2 greased loaf pans. Bake for 70 min. at 325°.

Norma Treat

ETHIOPIAN HONEY BREAD

"Traditionally eaten with butter and honey."

1 pkg. yeast
1/4 cup lukewarm water
1 egg
1/2 cup honey or 1/4 cup honey and 1/4 cup molasses
1 Tbsp ground coriander
1/2 tsp cinnamon
1/4 tsp ground cloves
1-1/2 tsp salt
1 cup warm milk (110-115°)
6 Tbsp melted butter, unsalted
4-4-1/2 cups sifted all purpose flour

Dissolve yeast in warm water. Let stand 2-3 min. Stir; let stand 5 min. until bubbly and doubled in volume. Mix together egg, honey, coriander, cinnamon, cloves and salt. Add yeast mixture, milk and 4 Tbsp. butter. Stir in flour, 1/2 cup at a time, to make a soft batter. When stiff, blend in additional flour with fingers. Knead dough, using a little melted butter on hands. Knead until smooth and elastic. Shape into ball, place in buttered bowl. Let rise until doubled in bulk.

With remaining butter, coat bottom and sides of a 3 qt. dish at least 3" deep. Punch down dough, knead 1-2 min. Shape into round loaf; place in dish. Press into corners to cover dish. Let rise again until doubled in bulk, to at least the

ETHIOPIAN HONEY BREAD (continued)

rim of the dish. Place on middle oven rack. Bake for 50-60 min. at 300° until top is a golden brown. Remove from oven and cool on rack.

Hint: When kneading, do not use additional flour on hands.

Sylvia Weinstein

DILLY CASSEROLE BREAD

"Each slice is 78 calories. For diabetic exchanges -- 1/2 skim milk exchange and 1/2 bread exchange."

1 pkg. active dry yeast
1/4 cup warm water
1 cup low-fat creamed cottage cheese
1 Tbsp instant minced onion
2 tsp dill seed
1 egg
1/2 tsp (Pillsbury's) liquid sweetener
1 Tbsp butter
1 Tbsp salt
1/4 tsp baking soda
2 to 2-1/2 cups flour

Heat cottage cheese to lukewarm. Soften yeast in water. Combine cottage cheese, onion, butter, dill seed, salt, sweetener, baking soda, egg and softened yeast in mixing bowl. Add flour to form a stiff dough, beating well after each addition. Cover; let rise in warm place 1 hr. or until light and doubled in bulk.

Stir down dough. Turn into well greased 8" round casserole (1-1/2 or 2 qt.) Bake for 40-50 min. at 350°, until golden brown. Brush with soft butter and sprinkle with salt.

Mary Woodward

CHEESE ROLLS

"Elegant but easy."

1 pkg. crescent rolls (8)
4 oz. shredded cheddar cheese
2 Tbsp butter
2 tsp chopped chives or minced onions
1/4 tsp garlic powder

Mix all ingredients except for rolls; let soften to a spreading

CHEESE ROLLS (continued)

consistency. Spread on rolls and wrap. Seal rolls well. Bake as directed on package.

Pat Wotruba

CRANBERRY SOUR CREAM COFFEE CAKE

"Great for dessert, breakfast or coffee time."

1/4 lb. butter or margarine
1 cup sugar
2 eggs
1 tsp almond flavoring
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
2 cups flour
1/2 pt. sour cream
1 can (7 oz.) whole cranberry sauce
1/2 cup chopped nuts

Cream butter and sugar with electric beater at medium speed. Add eggs one at a time. Reduce speed; add sifted ingredients alternately with sour cream, ending with dry ingredients and almond flavoring. Grease 8" tube pan. Put in a layer of batter, swirl cranberries on top. Repeat batter and cranberry layers twice, ending with swirled cranberries on top. Sprinkle on nuts. Bake for 55 min. at 350°. Cool 5 min. and remove from pan.

Sugar Icing:

3/4 cup confectioner's sugar
1/2 tsp almond extract
1 Tbsp warm water

Mix ingredients well. Dribble over top of Cranberry Sour Cream Coffee Cake.

Beth Shaw

BANANA LOAF

1 cup sugar
1/2 cup butter
2 eggs
2-3 med. bananas
1/2 cup sour cream
1 tsp soda
2 cups flour
1/4 tsp salt
1/2 cup chopped nuts
1/2 tsp vanilla

Mix all ingredients. Fold into pan and let sit for 10 min. before baking. Bake for 1 hr. at 350°. Turn out and cool before serving.

Bev Molina

HEIDELBERG RYE BREAD

"Simple to make, yummy and moist."

3 cups flour
2 pkgs. yeast
1/4 cup light cocoa powder
1 Tbsp caraway seeds
2 cups water
1/3 cup molasses
2 Tbsp butter
1 Tbsp sugar
1 Tbsp salt
3 to 3-1/2 cups rye flour
cooking oil

In large bowl, stir together flour, yeast, cocoa powder and caraway seeds. In saucepan, heat water, molasses, butter, sugar and salt until warm, stirring until butter melts. Add to dry ingredients; beat at low speed of electric mixer for 1/2 minute, scraping bowl. Beat for 3 min. at high speed. By hand, stir in enough rye flour to make soft dough. Turn onto floured surface; knead until smooth, or about 5 min. Cover; let rest for 20 min. Punch dough down; divide in half. Shape each half into a round loaf. Place on greased baking sheet. Brush surface of loaves with a little cooking oil; slash tops of loaves with sharp knife. Let rise until doubled in bulk, or about 45-60 min. Bake at 400° for 25-30 min. or until done. Remove from sheet; cool on racks. Makes 2 loaves.

Sharon Hellstedt

BRIOCHE

"A delicious French roll, can be prepared up to one week in advance."

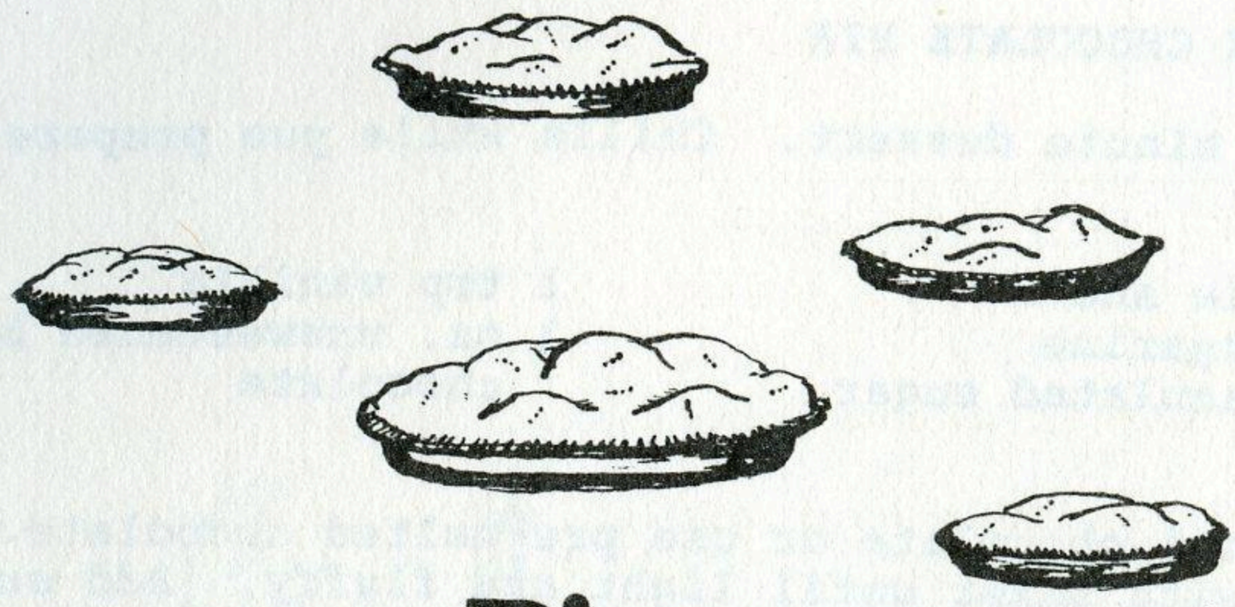
3-4 cups unsifted flour
1/3 cup sugar
1 tsp salt
1 pkg. Fleischmann's Active dry yeast
1/2 cup milk
1/2 cup water
1/2 cup butter
3 eggs, room temperature
1 egg yolk, room temperature
1 egg white, slightly beaten
1 Tbsp sugar

In a large bowl, thoroughly mix 1 cup flour, 1/3 cup sugar, salt and undissolved yeast. Combine milk, water and butter in a saucepan. Heat over low heat until liquids are very warm (120-130° F). Butter need not be melted. Add dry ingredients gradually and beat 2 min. at medium speed, scraping bowl often. Add eggs, egg yolk and 3/4 cup flour. Beat at high speed 2 min., scraping bowl often. Stir in enough additional flour to make a stiff batter; cover. Let rise in a warm place, free from drafts, until more than doubled in bulk (about 2 hrs.). Stir batter down and beat vigorously for 2 min. Cover tightly with aluminum foil and refrigerate 2 hr. or overnight.

Punch dough down and turn out onto lightly floured board. Divide into two pieces, one about 3/4 of the dough and the other about 1/4 of the dough. Cut the larger piece into 24 equal pieces. Form into smooth balls. Place in large, well greased muffin pans. Cut the smaller piece into 24 equal pieces. Form into smooth balls. Make a deep indentation in the center of each large ball, dampen slightly with cold water. Press a small ball into each indentation. Cover; let rise in a warm place, free from drafts, until doubled in bulk (about 50 min.).

Bake for 25 min. at 250°. Remove from oven and let cool in pans for 25 min. Remove from pans and place on wire racks to cool thoroughly. Wrap tightly in plastic bags. Refrigerate until ready to brown and use.

To brown: place in greased muffin pans. Combine slightly beaten egg white and 1 Tbsp. sugar; brush rolls with mixture. Bake for 12 min. at 350°, or until brown. Remove from muffin pans and cool on wire racks. Makes 24 individual brioche.



Pies

The pastry, light and flaky...filled with lemon chiffon, bright and shimmering, or cherries, tart and ruby red.

Cheese and Onion Breads*
Father's Day Steaks*
Broccoli Souffle* Garlic Bread
CHOCOLATE MOUSSE BANANA RASPBERRY PIE*

CHOCOLATE MOUSSE BANANA RASPBERRY PIE

"Makes a large, sweet pie."

1 graham cracker crust
1/4 cup sugar
3 Tbsp rum
1/4 lb. semi-sweet chocolate bits
3 Tbsp whipping cream
2 egg whites, stiffly beaten
2 cups whipped cream
1 jar Raspberry Cobbler baby food
sliced bananas
whippped cream

Cook sugar and rum over low heat until dissolved, but not brown. Melt the chocolate bits; stir in 3 Tbsp whipping cream. Add sugar-rum mixture to chocolate; stir until smooth. Cool. Fold in egg whites and then fold this mixture into the whipped cream. Fill the crust with the above mixture. Cover with the Raspberry Cobbler; top with banana slices; spread whipped cream over all.

Judy Kusmin

FRENCH SILK CHOCOLATE PIE

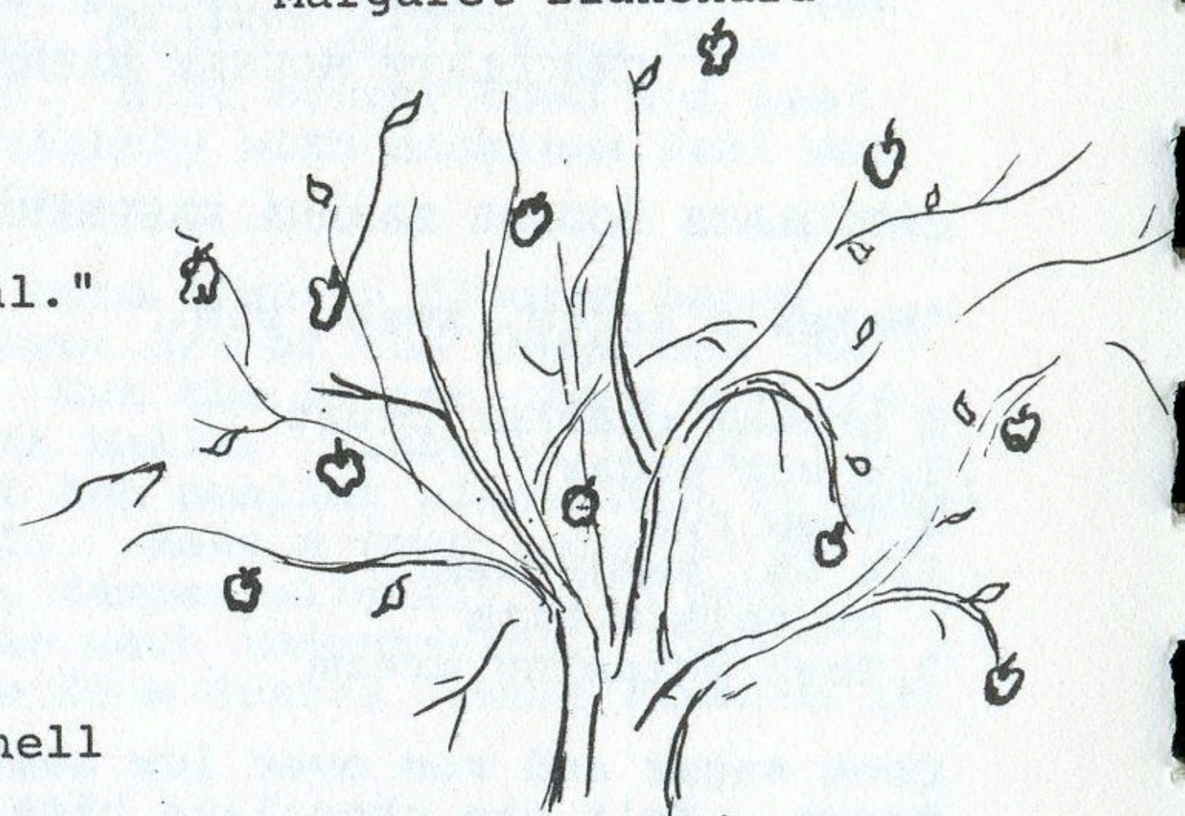
"Good last minute dessert. Chills while you prepare and eat supper."

8" baked pie shell
1/2 cup margarine
1/2 cup granulated sugar
2 eggs
1 tsp vanilla
1 oz. unsweetened baking chocolate

Melt and cool chocolate or use pre-melted chocolate. Cream margarine with mixer until light and fluffy. Add sugar gradually. Continue beating until well mixed. Add melted chocolate and vanilla; blend. Add eggs, one at a time, beating 5 min. after each egg is added, at medium speed (10 min. total). Turn into prepared pie shell. Chill 1-2 hrs. Before serving, garnish with whipped cream and shaved baking chocolate, chopped walnuts, or chocolate sprils. Serves 6 generously.

Hint: Can be prepared a day in advance.

Margaret Blanchard



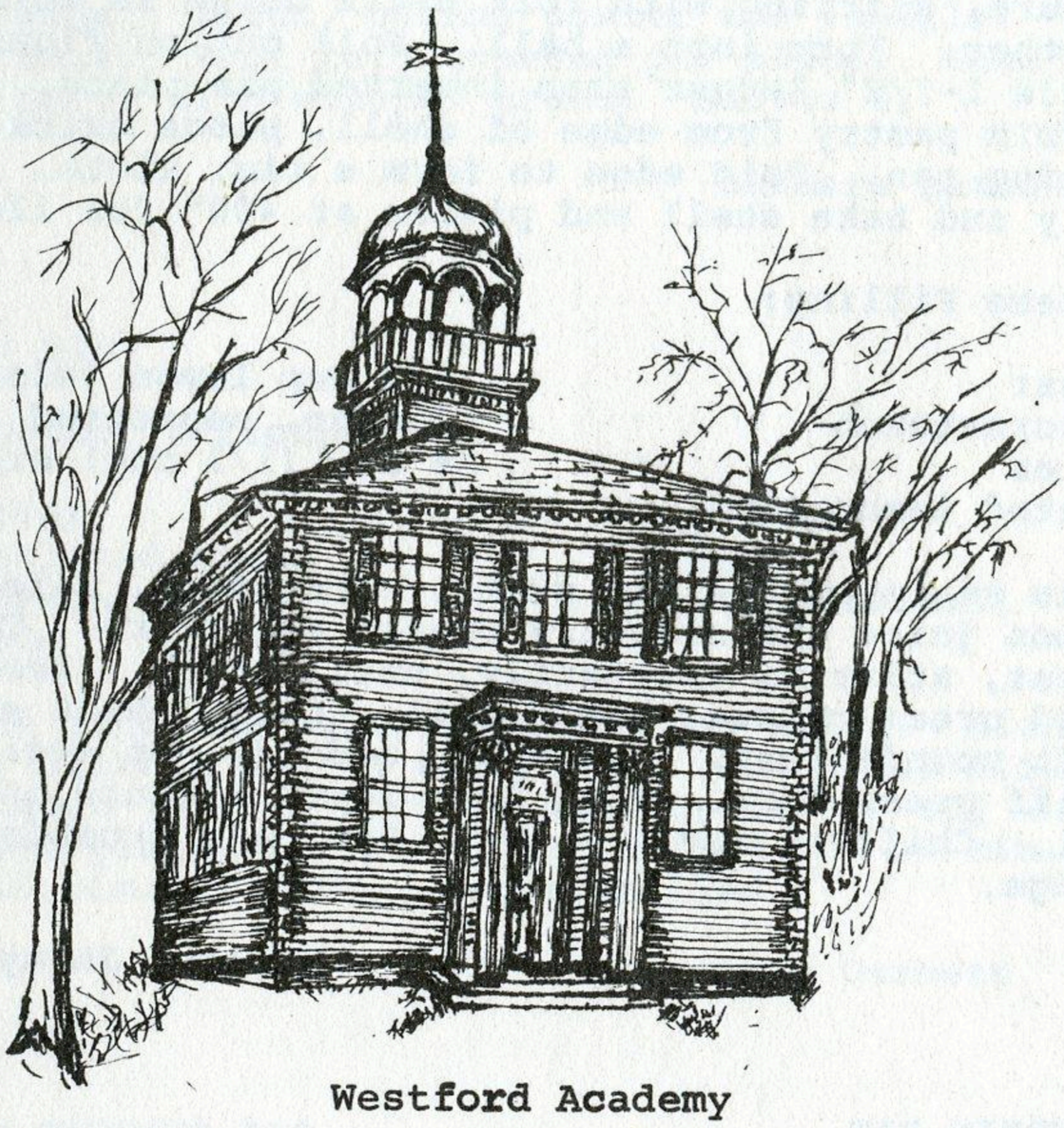
SPICY APPLE PIE

"Tart apples make this special."

8 lg. tart apples
1 cup sugar
1 tsp cinnamon
1/2 tsp nutmeg
1/8 tsp salt
1 tsp lemon juice
1 Tbsp butter
1 unbaked 9" two-crust pie shell

Fill unbaked pie shell with thinly sliced apples. Mix sugar, spices, salt and lemon juice. Sprinkle over apples. Dot with butter. Moisten edge of pie crust with water. Roll top crust and cut a few gashes in center for steam to escape. Fit over apples. Seal edge of crust. Bake 30-40 min. at 425°.

Sylvia G. Weinstein



Westford Academy

Built in 1793. The origional Westford Academy is presently being restored as an Historical Museum.

LEMON CLOUD PIE

1 cup sifted flour
1/2 tsp salt
1/3 cup shortening
1 egg, slightly beaten
1 Tbsp lemon juice
1 tsp grated lemon peel

Sift flour with salt into mixing bowl. Cut in shortening until particles are fine. Combine egg, lemon juice and rind. Sprinkle over mixture, stirring with fork until dough is moist enough to hold together. Form into a ball. Roll out on floured surface to a circle 1-1/2" larger than inverted pie plate. Fit into plate. Trim pastry from edge of shell, place extra pieces in small baking pan. Fold edge to form a rim; flute. Prick generously and bake shell and pieces at 400° for 12-15 min.

Lemon Cheese Filling:

1 cup sugar
1/4 cup cornstarch
1 cup water
1 tsp grated lemon rind
1/3 cup lemon juice
2 eggs, separated
4 oz. (1/2 cup) cream cheese

Combine in saucepan 3/4 cup sugar, cornstarch, water, lemon rind, lemon juice and slightly beaten egg yolks. Cook over medium heat, stirring constantly, until thick. Remove from heat. Add cream cheese; blend well. Cool. Beat egg whites until soft mounds form. Gradually add 1/4 cup sugar, beat until stiff peaks form. Fold into lemon mixture and spoon into pie shell. Chill at least 2 hrs. Sprinkle crumbled pastry around edge.

Frances Jeray

HONEY PUMPKIN PIE

1 unbaked pie shell
2 cups cooked pumpkin
1 cup canned evaporated milk
1 cup honey (scant)
1/4 cup cognac
1 tsp crystallized ginger
1 tsp cinnamon
1/4 tsp ground allspice
1/2 tsp salt
3 eggs

Finely chop the ginger. Combine the ingredients. Pour into pie shell. Bake 15 min. at 425°. Reduce heat to 350° and bake an additional 45 min. or until knife inserted comes out clean.

Sylvia G. Weinstein

DATE PIE

1 pkg. dates, cut in thirds
1/2 cup sugar
2 eggs
3 Tbsp flour
1 tsp baking powder
1 tsp vanilla
1 cup chopped walnuts
whipped cream

Pour water over dates and then drain for extra moisture. Beat eggs; add sugar, flour, baking powder and vanilla. Mix in dates and nuts. Pour into greased pie plate. Bake 30-35 min. at 325°. Serve with whipped cream. Serves 6.

Barbara Lamson

LEMON CAKE PIE

"My Grandmother's recipe."

1 Tbsp butter
1 cup granulated sugar
2 eggs, separated
2 Tbsp flour
1 cup milk
1 lemon
unbaked pie shell

Grate lemon rind and squeeze juice; set aside. Blend butter and sugar; stir in beaten egg yolks. Add milk, flour, grated rind and lemon juice. Fold in stiffly beaten egg whites. Pour into unbaked pie shell. Bake until firm for 10 min. at 450° and then 20 min. at 350°. Serve chilled.

Judy Corbett

STRAWBERRY RHUBARB PIE

1 cup sugar
2 Tbsp quick tapioca
1/4 tsp salt
1/4 tsp nutmeg
1/4 cup orange juice
3 cups rhubarb, cut up
1 cup sliced strawberries
1 Tbsp butter or margarine
1 unbaked pie shell

Combine the first six ingredients. Pour into pie shell. Top with the strawberries; then dot with butter or margarine. Bake 40-50 min. at 400°.

Susan Brown

PIE CRUST

"This one never fails, is always flaky and light."

2 cups sifted flour
1 tsp salt
1/2 cup vegetable oil
3 Tbsp ice water

Mix flour and salt. Add oil and mix with fork or pastry blender until well blended and mixture resembles fine crumbs. Sprinkle with water and mix with fork. Gather pastry together so it cleans the bowl. If too dry to form a ball, work in 1-2 Tbsp. oil. Press firmly into ball. Roll out as desired. Makes 1 two-crust 8" or 9" pie or 2 shells.

Hint: The vegetable oil is the secret to this crust. Also, roll crust out between 2 pieces waxed paper, crossed at right angles. Wipe counter with water to prevent paper from slipping. Place in pie dish, paper side up, after removing top layer of paper. Now just peel off the remaining piece.

Sylvia G. Weinstein

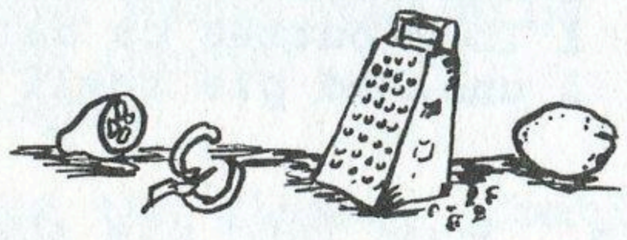
COOKIE PIE

1 crumb or other baked pie crust
1-1/3 cups (15 oz. can) sweetened condensed milk
1/2 cup lemon juice
1 tsp grated lemon peel
2 egg yolks

Blend together all ingredients until thickened. Turn into prepared pie shell. Chill. If desired, make the extra egg whites into meringue in the normal fashion. Pile onto pie and seal to inside edge of pie shell. Bake at 325° until golden brown, about 15 min. Cool.

Hint: Pie shell of vanilla wafer crumbs is especially good.

Margie Barnett



GRASSHOPPER PIE

"Beautiful to look at; even better to eat."

24 marshmallows
2/3 cup milk
1/2 pt. heavy cream
1 jigger creme de menthe
1 jigger (scant) creme de cacao

Dissolve marshmallows in warm milk and let cool. Whip cream; add liqueurs. Fold into marshmallow mixture. Fill well-chilled crust. Chill thoroughly. Decorate with whipped cream. Crumble one oreo or shaved chocolate on top.

Crust:

14 Oreo cookies (1-1/2 cups)
4 Tbsp butter

Crush Oreo cookies. Melt butter; add to cookie crumbs. Line a 9" pie plate with the mixture. Chill well.

Hint: Can be made ahead and frozen. Let stand at room temperature to thaw before serving.

Sylvia G. Weinstein

SWEET POTATO PIE

pastry for one-crust pie
2 med. sweet potatoes
1 cup sugar
2 eggs, separated
1 tsp vanilla
1 tsp lemon extract
1 tsp nutmeg
1 cup milk
1 Tbsp butter

Boil sweet potatoes in water until soft; sieve. Add 1 cup sugar and 1 Tbsp. butter. Beat egg yolks in small bowl and add to potato mixture along with milk and flavorings; add nutmeg. Beat egg whites until stiff; fold in. Pour into uncooked pie shell. Bake in hot oven, 425°, for 45-55 min. or until silver knife inserted in filling comes out clean.

Doris Clemons

ICE CREAM PIE

1 qt. vanilla ice cream
1 pkg. (6 oz.) chocolate bits
3/4 cup mini marshmallows
3/4 cup or sm. can evaporated milk
vanilla wafers

Soften ice cream. Melt chocolate bits, marshmallows and milk together slowly. Let cool. Line 8" or 9" pie plate with wafers, bottom and sides. Spread 1/2 the ice cream; then dribble 1/2 the chocolate mixture over the ice cream. Repeat. Freeze at least 2-3 hrs. Serves 6-8.

Hint: Slicing the ice cream makes it easier to spread.

Ellen Bazer

MINCEMEAT APPLE PIE

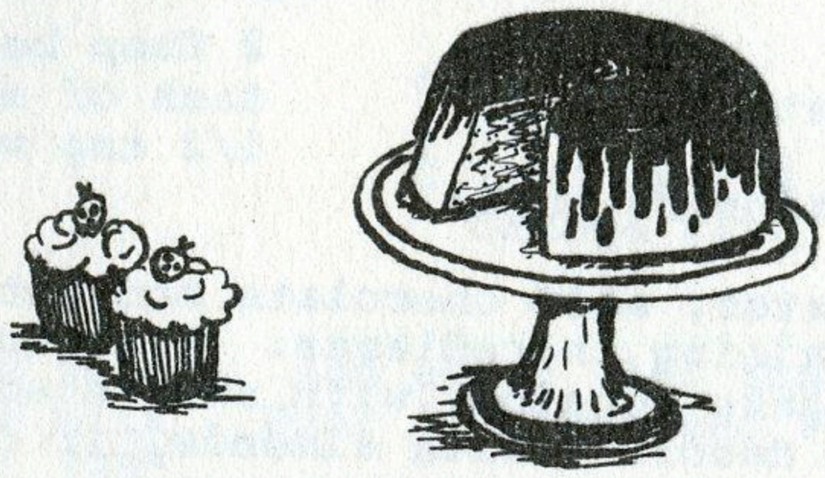
"Thanksgiving 'regular' but can be used at anytime."

1 shell for 2-crust pie
1 jar (1 lb. 12 oz.) prepared mincemeat with Brandy Rum
1 cup applesauce
1 cup diced, pared tart apples
1 cup (4 oz.) coarsely chopped walnuts
1 egg yolk

Roll pie crust round for 10" pie plate. Trim overhang to 1". Roll out second round and cut into 1/2" strips with a pastry wheel. In a large bowl combine mincemeat, applesauce, diced apples and walnuts. Turn into lined pie plate. Moisten edges; arrange 5 strips 1" apart across filling. Repeat in opposite direction to make a lattice top crust. Beat egg yolk with 1 Tbsp. water. Brush over lattice. Bake 30-35 min. in preheated 400° oven. Serves 8.

Hint: Bake and store a day in advance. Can be warmed before serving, if desired.

Margaret Blanchard



Cakes

A home-baked cake...candled treat for the birthday of a child, the ending of a dinner for that special man...a family pleaser any time.

Baked Ham
Savory Double-Cheese Macaroni*
Spinach Salad*
Rolls and Butter
CHOCOLATE CAKE, HUNGARIAN STYLE*

CHOCOLATE CAKE, HUNGARIAN STYLE

5 lg. eggs
1/4 tsp salt
1 cup confectioners sugar
1/4 cup sifted unsweetened chocolate
1 tsp vanilla
1 cup heavy cream, whipped and sweetened
toasted, sliced almonds (optional)

Separate eggs and beat whites with the salt until stiff but not dry. Beat in sifted confectioners sugar, 1 Tbsp. at a time. Fold in cocoa. Beat egg yolks until thick and lemon colored. Fold into cocoa mixture; add vanilla. Spread in 15x10x1 pan, lined with greased waxed paper. Bake at 350° for 20 min. Turn out on a towel sprinkled with confectioners sugar. Very gently peel off the paper. Cool and cut crosswise in quarters. Complete with Chocolate Glaze found on following page.

Dottie Swanson

CHOCOLATE CAKE, HUNGARIAN STYLE (continued)

Chocolate Glaze:

1 Tbsp butter
1 square unsweetened chocolate
1/2 cup confectioners sugar
2 Tbsp boiling water
dash of salt
1/2 tsp vanilla

Over boiling water, melt chocolate and butter. Remove from heat. Add remaining ingredients. Beat until smooth and glossy. Put layers of cake together with sweetened whipped cream. Spread with glaze and decorate with almonds, if desired. Chill before serving.

Dottie Swanson

ORANGE TORTE

1 cup butter or margarine
1-1/2 cups sugar
3 eggs
2-1/2 cups sifted flour
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1-1/2 cups chopped nuts
1 cup buttermilk
1 Tbsp grated orange rind
1 cup orange juice

Have all ingredients at room temperature. Cream butter or margarine. Add 1 cup sugar gradually, beating until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Sift dry ingredients; dredge nuts in 1/4 cup of mixture. Combine buttermilk, orange rind and 1/2 cup orange juice. Add dry ingredients and liquids to creamed mixture. Fold in nuts. Pour into greased 9" tube pan. Bake 1 hr. at 375°.

Let torte stand in pan 30 min. Remove cake from pan. Mix remaining orange juice and sugar together; pour over cake slowly, baste with any that drains off. Transfer to serving plate. Cake may be topped with whipped cream and orange slices.

Mary Woodward

POUND CAKE BETTY

"This is very moist and tasty."

2 sticks butter
2 cups sugar
4 eggs
3 cups sifted flour
2 tsp baking powder
dash of salt
1 cup milk
2 Tbsp grated lemon or orange rind

Cream the butter and sugar. Add eggs. Add the dry ingredients alternately with the milk. Pour into greased 9" tube pan. Bake 1 hr. 15 min at 325°.

Glaze:

3/4 cup sugar
1/3 cup lemon or orange juice

Heat until sugar is dissolved. Pour over warm cake which has been removed from pan.

Gale Kenyon

GINGERCAKE

"A moist spice cake -- light and delicious. No icing required!"

1/2 cup shortening
1 cup sugar
3 eggs
1 cup dark Karo syrup
1 cup buttermilk
1 tsp baking soda
2 cups sifted flour
3 Tbsp cinnamon
3/4 tsp ginger

Cream shortening and sugar together. Beat eggs in, one at a time. Add syrup and set aside. Add baking soda to buttermilk. Add to the above mixture. Sift flour and spices. Blend into mixture. Bake approximately 35-45 min. at 375°.

Hint: Use 8 oz. glass measuring cup to mix soda and buttermilk; stir until the buttermilk begins to run over side of cup.

Rosemarie Koester

BEULAH'S APPLESAUCE CAKE

"Has crisp, crusty exterior; slightly crumbly inside."

1/2 cup butter or margarine
1-1/4 cups sugar
1 egg, beaten
1 cup raisins
1/2 cup chopped nuts
1-2/3 cups flour
1/3 tsp salt
1/2 tsp cinnamon
1/4 tsp allspice
1/4 tsp cloves
1-1/4 cups applesauce
1 tsp. soda

Soak raisins in hot water for 10 min.; drain. Cream butter and sugar; add egg. Mix in raisins and nuts. Sift in dry ingredients; blend well. Add applesauce and mix well. Pour into greased 8x8 pan. Bake 1 hr. at 350°.

Carlene Craib

ITALIAN CREAM CAKE

"Fantastic taste."

1/2 cup shortening
1 stick oleo
2 cups sugar
1 tsp vanilla
1 tsp baking soda
1 cup buttermilk
2 cups flour
1/2 tsp salt
2 cups coconut
1 cup pecans or walnuts, chopped
5 eggs, separated

Cream shortening and oleo well; add sugar. Add egg yolks, one at a time, beating well after each addition. Mix all dry ingredients and add alternately with the buttermilk. Stir in coconut and nuts. Then fold in stiffly beaten egg whites. Divide between three layer pans. Bake approximately 40 min. at 350°.

Icing:

1 stick oleo, softened
8 oz. cream cheese, softened
1 lb. box powdered sugar
1 tsp vanilla

Cream all ingredients well together. Frost between layers, sides and top of cake.

Sylvia G. Weinstein

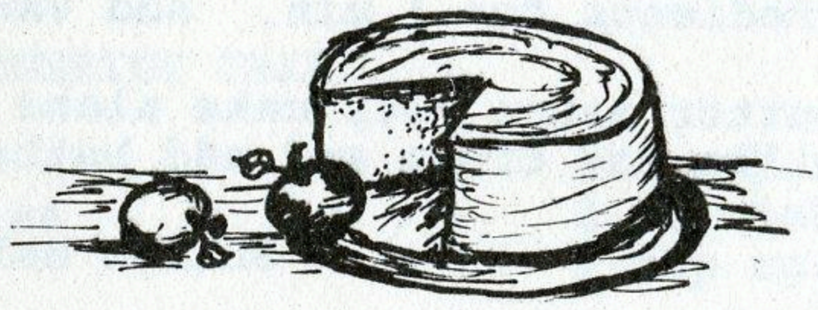
FRESH APPLE CAKE

1-3/4 cups chopped and peeled apples
1 cup sugar
1/2 cup butter, melted
1 egg
1-1/2 cups flour
1 tsp soda
1 tsp cinnamon
1/2 tsp nutmeg
dash salt
raisins and nuts (optional)

Put apples and sugar into large bowl; let stand 10 min. Sift flour, soda, salt and spices. Blend butter and egg into apple mixture. Add flour mixture; stir just until blended. Pour into greased loaf pan. Bake 50-60 min. at 350°.

Hint: May be frozen.

Pat Andreliunas



NEVER-FAIL WHITE FROSTING

"This is a very light, fluffy, delicious icing -- not sweet!"

1 cup milk
4 Tbsp flour
8 Tbsp shortening
1/4 lb. butter
1 cup granulated sugar
1 tsp vanilla

Add flour to milk in saucepan. Cook over medium heat until it gets thick, stirring constantly. Then set aside to cool. In a mixing bowl, cream shortening and butter for 5 min. or more. Add the sugar and cream 5 min. more. Beat at high speed for 5 more min. Add the cooled "custard" mixture and the vanilla. Beat again for 5 min. or more. Spread on cake or refrigerate for later.

Hint: In hot weather this should be refrigerated.

Rosemarie Koester

GERMAN APPLE CAKE

2 cups flour
2 cups sugar
1/2 cup butter
2 eggs
2 tsp soda
1/2 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1/2 cup chopped nuts
4 cups apple

Peel and chop apples fine. Cream sugar and butter. Beat eggs and add to creamed mixture. Sift dry ingredients and add. Stir in apples and nuts. Bake 40 min. at 350° in a 9x9 pan.

Butter Sauce:

1/2 cup butter
1/2 cup evaporated milk
1 cup sugar
1 tsp vanilla

Boil first three ingredients for 1 min. Add vanilla.

Hint: Either pour butter sauce over cake alone when serving, or top cake with vanilla ice cream and add butter sauce.

Sharon Hellstedt

"VINEGAR" CAKE or COCKEYED CAKE

"Nice and moist."

1-1/2 cups sifted flour
3 Tbsp breakfast or unsweetened cocoa
1 cup sugar
1 tsp baking soda
1/2 tsp salt
1 tsp vanilla
1 Tbsp vinegar
5 Tbsp salad oil
1 cup water

Sift first five ingredients into greased 8" square pan. Make three depressions in dry ingredients. Pour vinegar into one, vanilla into another and salad oil into the third. Pour water over all. Mix well with spoon until smooth. Bake 35 min. at 350°.

Hint: When cool, frost; or serve with ice cream and chocolate sauce.

Ginny Price
Sherry McGovern
Claire Gillen

HARVEST TORTE

"Quick, easy, different and good."

4 cups diced, tart, unpared apples
1 cup sugar
1/2 cup sifted flour
2 tsp baking powder
1 Tbsp melted butter
1/2 cup each chopped walnuts and pitted dates
1 egg
1 Tbsp vanilla

Mix all ingredients thoroughly. DON'T BEAT. Pour into 8x8 pan. Bake 40 min. at 400°.

Carol Woodbury

CHOCOLATE MAYONNAISE CAKE

1 cup sugar
1 cup mayonnaise
2 cups flour
1/2 tsp salt
1/3 cup cocoa
2 tsp baking powder
1 cup cold water

Cream together the sugar and mayonnaise until smooth. Mix all dry ingredients together. Add alternately with the water, beginning and ending with the flour mixture. Thoroughly blend. Pour into two greased and paper-lined 8" round cake pans. Bake 25-35 min. at 350°, or until cake tester inserted near center comes out clean. Cool 10 min. before removing from pan.

Fluffy Orange Frosting:

1/2 cup flour
1 cup milk
1 cup sugar
1 cup butter
1 tsp orange flavoring

Cook flour and milk in saucepan until stiff. Cool completely. Beat together the sugar and butter until fluffy. Stir in the flavoring. Add the cooled milk and flour mixture; beat until fluffy. Spread on layers.

Hint: Other flavorings may be substituted such as almond, vanilla, peppermint, etc.

Nanci Bohne

SACHER TORTE

"Difficult, but fantastic. A very special occasion cake."

8 egg yolks
10 egg whites
1/8 tsp salt
3/4 cup sugar
1/2 cup sweet butter
6-1/2 oz. (6-1/2 squares) semi-sweet chocolate
1 tsp vanilla
1 cup flour
1/2 cup apricot preserves

Place egg yolks in medium bowl. Place whites in a large bowl; add salt and beat until peaks just form. Add sugar, 1 Tbsp. at a time, beating constantly. Continue beating 3-4 min. after the sugar is added. Mixture should be very thick and glossy. Meanwhile, melt the butter and chocolate together over hot water in a double boiler. Cool slightly and add with vanilla to the yolks; use a wire whisk to combine. This will be a thick mixture. Add 1/4 of the meringue to the butter-chocolate mixture and incorporate with the whisk. Pour this mixture over the remaining whites and sprinkle flour on top. Fold all together with the whisk or hands, being careful not to overmix but leaving no lumps of white showing. Overmixing will produce a hard cake, and undermixing will result in large holes. Pour into three 9" or 10" layer pans, greased, and bottoms lined with greased waxed paper. Bake 25-30 min. at 350°, or until done depending on the size of pans. Turn onto a rack to cool and peel off waxed paper. Layers will shrink as they cool.

Frosting:

3 oz. (3 squares) unsweetened baking chocolate
1 cup heavy cream
1 Tbsp corn syrup
1 cup sugar
1 egg, lightly beaten
1 tsp vanilla

Combine chocolate, cream, syrup and sugar in a small, heavy pan. Heat, stirring until chocolate is melted and sugar dissolved. Raise the heat to medium and cook until the mixture reaches 224-226° on a candy thermometer or forms a soft ball when dropped in water, stirring only to prevent sticking. Using a small whisk, beat the hot mixture into the egg. Cool to room temperature. Stir in the vanilla.

When the cake is cool and ready for frosting, set it on waxed paper to catch the drippings. Spread apricot preserves between the layers and pour the cooled frosting over the cake. Transfer

SACHER TORTE (continued)

to a serving plate and refrigerate 3 hrs. before serving to set the frosting. Then allow to reach room temperature before serving. Makes 10 servings.

Sylvia G. Weinstein

PUMPKIN CAKE

1/2 cup shortening
1-1/4 cups sugar
2 eggs
2 cups flour or
  2-1/4 cups cake flour
3 tsp baking powder
1/2 tsp salt
1/2 tsp nutmeg
1/2 tsp ginger
1/2 tsp cinnamon
1 cup cooked pumpkin
3/4 cup milk
1/2 tsp soda
1/2 cup chopped nuts (optional)

Cream shortening; add sugar gradually and cream well. Blend in eggs. Sift flour before measuring. Sift flour, baking powder, salt and spices together. Mix pumpkin and nuts. Stir in soda. Add flour mixture, pumpkin and milk alternately to creamed mixture. Pour into greased and floured tube or bundt pan. Bake 35-40 min. at 350°.

Sandy McManus

APPLE CRUMB CAKE

1 cup sugar
1 cup flour
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
1 stick butter, melted
2 eggs
3 cups apples, sliced

Mix all ingredients together. Pour into a 1-1/2 quart flat, oblong casserole dish. Bake about 1 hr. at 350°.

Doris Clemons

NANNIE'S FRUITCAKE

"An eighteenth century recipe. Makes ten pounds of fruitcake."

1 doz. eggs, separated
1 lb. flour (4-1/4 cups)
1 lb. sugar
1 lb. butter
2 boxes raisins, seeded
1 lb. pineapple
1/2 lb. whole almonds, shelled
1/2 lb. pecan meats
1 lb. citron
1 lb. whole cherries
1 tsp mace
2 tsp nutmeg
1 cup whiskey

Sift flour and dry ingredients three times. Mix fruits with two cups of the flour and set aside. Cream butter and sugar. Beat egg yolks and add to creamed mixture; mix well. Alternately add flour and whiskey. Add fruit. Beat egg whites and add to mixture. Line loaf pans with greased, waxed or brown paper. Bake 2 to 2-1/2 hrs. at 250-275°.

Bev Molina

BLUEBERRY CAKE

1-1/2 cups flour
1 tsp baking powder
1/2 tsp salt
1/2 cup margarine
1 cup sugar
2 eggs
1/3 cup milk
1 tsp vanilla
1-1/2 cups blueberries

Sift the first three ingredients together. Cream the margarine, sugar, eggs, milk and vanilla. Coat the blueberries with the flour mixture and then add to the creamed mixture. Pour into 8x8 square pan. Bake 35 min. at 350°.

Susan Brown

JELLO CAKE

1 box yellow cake mix
1 sm. box jello (orange, lemon, strawberry, raspberry, etc.)
4 eggs
3/4 cup oil
3/4 cup water

JELLO CAKE (continued)

Beat all ingredients together. Pour into sponge cake pan. Bake 45 min. at 350°. Remove from oven; prick cake all over with a toothpick.

Topping:

2 cups powdered sugar
1/2 cup water
1/4 pkg. jello

Bring water to boil. Add jello. Mix in powdered sugar and then spread over hot cake.

Ginny Price

KENTUCKY BOURBON EGGNOG CAKE

2 sticks butter
1 box confectioners sugar
5 eggs, separated
5 Tbsp Bourbon whiskey
1 Tbsp pure vanilla extract
1 cup nuts, chopped
2-3 doz. lady fingers
1 pt. whipping cream

Cream butter; add confectioners sugar, creaming well. Beat egg yolks; add whiskey and vanilla, mix well. Add yolk mixture to confectioners sugar. Add nuts. Beat egg whites until stiff but not dry. Fold in. Line large mixing bowl completely with waxed paper. Cover bottom of bowl with topside of lady fingers down. Cover with layer of cake mixture. Add another layer of lady fingers, cake mixture, etc. Final layer is lady fingers with topside up. Chill 12 hrs. Frost with whipped cream.

Bev Molina

PIE FILLING CAKE

2 cups sugar
2 sticks margarine
1 tsp vanilla
1/4 tsp salt
4 eggs
3 cups flour
1 can pie filling of your choice

Mix sugar and margarine; add eggs, one at a time. Add remaining ingredients except pie filling. Pour 1/2 of batter into greased

PIE FILLING CAKE (continuted)

9x13 pan. Spread pie filling over batter. Add remaining batter. Sprinkle sugar on top. Bake 50 min. at 350°.

Pat Wotruba

SNOWBALL CAKE

2 envelopes unflavored gelatin
juice of 1 lemon
1 cup orange juice
1 cup sugar
1 can crushed pineapple
1-1/2 pts. heavy cream
1 lg. angel cake
1/4 cup walnuts or slivered almonds
maraschino cherries

Drain pineapple. Dissolve gelatin in 1/4 cup hot water. Add sugar, orange and lemon juices. Mix well and refrigerate until set. Whip 1 pint of the heavy cream. Beat into the gelatin mixture. Break the cake into small pieces and fold into the cream mixture. Add the pineapple and nuts. Pour into buttered angel cake pan. Refrigerate for several hours or overnight. To unmold, run a knife around edges of pan. Frost with remaining 1/2 pint heavy cream, whipped. Garnish with cherries, either chopped or halved.

Roberta Panagakos

MRS. CHENEY'S NEW NOBBY APPLE CAKE

1 cup sugar
1/4 cup shortening
1 egg
3 cups diced apples
1 tsp vanilla
1/2 tsp soda
1 cup flour
1/2 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 cup nuts (optional)

Pare apples and cut in 1/2" cubes. Cream shortening and sugar. Add beaten egg; add apples, nuts, vanilla and sifted dry ingredients. Pour into 8x8 square pan. Bake 45 min. at 350°.

Hint: Serve hot or cold, with or without whipped cream or ice cream. Freezes well.

Carlene Craib

FRUIT CAKE

2-1/2 cups flour
1-1/2 tsp baking powder
1-1/4 tsp salt
1-1/4 cups sugar
1/2 cup chopped fruit
2/3 cup shortening
3 eggs
2/3 cup milk
1/2 tsp vanilla
1/4 tsp almond extract

Cream shortening with sugar on low speed of mixer. Add unbeaten eggs, one at a time; beat after each. Add sifted dry ingredients alternately with liquids. Add remaining ingredients. Put in greased or wax-lined ring pan, or one of your choosing that is large enough. Bake 55 min. at 275°.

Florence Ross

14 CARROT GOLD CAKE

2 cups flour
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1/4 tsp salt
1-1/2 cups Crisco oil
2 cups sugar
4 eggs
2 cups finely grated carrots

Sift together the dry ingredients and set aside. Combine oil and sugar; beat well. Add eggs, one at a time, beating well after each addition. Gradually add dry ingredients and mix well. Add carrots; mix well. Pour into three greased and floured 8" cake pans or two 9" cake pans. Bake 50-60 min. at 350°.

Nutty Cream Cheese Frosting:

1/2 cup butter or margarine
8 oz. cream cheese, softened
1 lb. confectioners sugar
1 tsp vanilla
1 cup chopped walnuts

Beat butter and cream cheese until light. Gradually add sugar while beating. Add vanilla and nuts; mix well.

Hint: If you make only two layers, split them in half when cooled to make four thin layers. Can add 1/2 cup walnuts or pecans to cake.

Judy Corbett
Bev Molina

The Parsonage

Built in 1872. The Parsonage of the First Parish Church. It cost $1,050 to build and that included 3 coats of paint.

MOTHER'S CARROT CUPCAKES

2 cups + 2 Tbsp flour
2 tsp baking powder
2 tsp soda
2 tsp cinnamon
1 Tbsp salt
2 cups sugar
1-1/2 cups Wesson oil
3 cups grated carrots
4 eggs

Sift first six ingredients together. Add oil, carrots and eggs, one at a time. Pour into cupcake pans. Bake 25-30 min. at 350°.

Frosting:

1/2 stick margarine
8 oz. cream cheese
1 box powdered sugar
2 tsp vanilla
orange food coloring (optional)

Mix together and frost cupcakes.

Norma Treat

DEVIL'S FOOD CAKE

"Easy, moist, yummy."

1/2 cup shortening
1-1/4 cups sugar
2 lg. eggs, beaten
1/2 cup cocoa
1 cup strong, hot coffee
1-1/2 cups sifted flour
1/2 tsp salt
1 tsp soda
1/2 tsp baking powder

Cream shortening and sugar until fluffy. Add eggs and cream well. Dissolve cocoa in hot coffee; cool. Sift dry ingredients together; add alternately to the creamed mixture with the coffee. Beat well after each addition until the batter is smooth. Pour into a well greased 9" square pan or two 8" layer cake pans. Bake at 350° for 35 min. or until done.

Sylvia G. Weinstein

NOBBY APPLE GINGERBREAD

"My great aunt's recipe."

1/2 cup sugar
1/2 cup sorghum molasses
1/4 cup shortening
1 egg
3 cups diced apples

1 cup flour
1/2 tsp each salt, baking powder, soda, ginger
1/4 tsp each allspice, cloves
1/8 tsp nutmeg

Combine sugar and shortening. Add egg and beat well. Add molasses. Slowly add all dry ingredients. Add apples. Pour into greased 8" or 9" square pan. Bake 45 min. at 350°.

Hint: Serve warm topped with whipped cream.

Judy Corbett

EDELWEISS TORTE

"The batter bakes to make a cake-like crust on bottom, a crispy meringue crust on top and the center becomes soft like a filling."

1/2 bar German's sweet chocolate
1 stick margarine or butter
3 eggs

1 cup sugar
1/2 cup flour
1 tsp vanilla

Melt chocolate with margarine in a small pan over low heat. Meanwhile, beat eggs until foamy. Gradually beat in sugar, flour and vanilla. Add the cooled chocolate mixture. Turn into a well-buttered 9" pie plate. Bake 30 min. at 325°.

Hint: Serve warm or cold with little flowers of whipped cream piped around the edge.

Leslie Lee

BERRY-CHERRY COBBLER

1/4 cup sugar
1-1/2 Tbsp cornstarch
1/8 tsp salt
1 tsp lemon juice
1 pkg. (10 oz.) frozen red raspberries with syrup
1 lb. can pitted sour pie cherries, drained

In saucepan, mix sugar, cornstarch and salt. Add lemon juice and raspberries. Bring to a boil and simmer, stirring, 5 min. Stir in cherries. Turn into a buttered shallow 4 cup baking dish.

Butter Crust:

1/4 cup butter
1/4 cup sugar
1/8 tsp salt
1/2 cup sifted flour

Stir until smooth. On a sheet of waxed paper, pat out butter crust and place on fruit. Bake at 375° for 20 min. or until crust is brown. Cool partially. Spoon into bowls and serve with vanilla ice cream. Serves 4-6.

Leslie Lee

FRUIT COMPOTE SUPREME

1 can (16 oz.) sliced peaches, undrained
1 cup dried apricots
1/2 cup brown sugar
1 tsp grated orange peel
1/3 cup orange juice
1/2 tsp grated lemon peel
2 Tbsp lemon juice
1 can (16 oz.) dark sweet pitted cherries, drained

Combine all ingredients except cherries in baking dish. Cover; bake at 350° for 45 min. Add cherries; bake, covered, 15 min. more. Serves 6-8.

Nancy Mather

CREAM PUFFS

1 cup water
1/2 cup butter or margarine
1/2 tsp salt
1 cup flour, sifted
4 eggs, unbeaten
2 pkg. vanilla pudding mix

In large saucepan, combine 1 cup water with butter and salt over medium heat until butter melts and water boils. Turn heat low; add flour all at once. Beat mixture vigorously until it leaves sides of pan in a smooth, compact ball. Immediately remove pan from heat. With a wooden spoon or portable electric mixer, beat in eggs, one at a time, beating until smooth after each addition. When eggs are all blended, beat dough until very smooth and satiny. Onto large ungreased cookie sheet, drop dough by heaping tablespoons. Bake 35 to 40 min. Loosen with spatula and cool on wire rack. Prepare pudding mix according to directions. Cut top of cream puff and fill cavities with pudding. Makes 12.

Hint: You can also fill them with whipped cream or ice cream.

Sue Smith

POTS DE CREME

1 pkg. (6 oz.) chocolate bits
1/2 square unsweetened chocolate
pinch of salt
1 egg
1 tsp vanilla
3/4 cup milk

Scald milk. When warm pour over other ingredients in your blender. Blend for one minute. Pour immediately into six dessert dishes. Chill one hour.

Carol Freeman

COLLETES

"The raves are more than worth the time it takes to make these."

12 squares semisweet chocolate
1/4 cup butter
1/2 tsp vanilla

Melt chocolate and butter in top of double boiler. Remove from heat and add vanilla; let thicken slightly. Coat inside of double thicknesses of fluted paper cups with the chocolate about 1/8" thick or less (use a spoon or your finger). Place in muffin tins. Chill in freezer a few minutes; remove to fill in any thin places or holes. Freeze firm. Carefully remove paper from chocolate cases and fill with liquer-flavored whipped cream or Vanilla Mousse. Freeze firm.

Vanilla Mousse:

2 cups heavy cream
4 Tbsp confectioners sugar
1 tsp vanilla

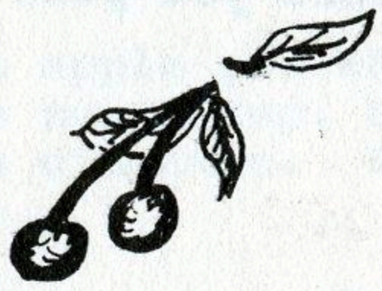
Whip the cream; add sugar and vanilla. Spoon into chocolate cases; freeze firm. To serve, defrost 15 min. Serves 12.

Nanci Bohne

COMPANY COBBLER

1 can (# 2) crushed pineapple
1 can apricots, drained
1 can Bing cherries or plums
1 lg. box lemon cake mix
1/2 cup butter
1 pkg. slivered almonds

Grease a 9x13 pan. Spread first three ingredients in pan in order. Mix last three ingredients and spread over top. Bake at 350° for 45-60 min.



Fran Cooper

APPLE CRISP

5-6 McIntosh apples
cinnamon
nutmeg
1/2 cup water
1/4 tsp cinnamon
3/4 cup flour
3/4 cup sugar
7 Tbsp butter

Peel and slice the apples; place in greased casserole in layers with sprinkling of cinnamon and nutmeg. Pour water down sides of dish. Combine remaining four ingredients, working mixture into fine crumbs. Spread evenly over apples. Bake uncovered at 350° for 30-40 min. Serves 6.

Polly Curran

CHEESE CAKE II

1-1/2 lbs. cream cheese
5 eggs
1 cup granulated sugar
1-1/2 tsp vanilla
1 graham cracker crust

Mix cheese until soft. Add eggs one at a time. Add sugar and vanilla. Line bottom and 3" up sides of a spring form pan. Pour cheese mixture slowly into crust. Bake 1 hr. at 300°.

Topping:

1-1/2 pt. sour cream
1 cup sugar
1-1/2 tsp vanilla

Mix all topping ingredients together. Pour carefully over cheese. Return to oven for 5 min.

Hint: Make night before you plan to serve. Can top with favorite pie filling.

Holly White
Pat Wotruba

FLAN

1/2 lb. cream cheese
1 can condensed milk
4 eggs, separated
1 tsp vanilla
1 lemon
1 cup sugar

Beat the cream cheese and condensed milk together and set aside. In another bowl, beat the egg whites until stiff. Add the beaten egg yolks; mix well. Add vanilla and 1 condensed milk can of water. Blend all ingredients from both bowls; add grated rind and juice of the lemon. Set aside.

Carmelize 1 cup sugar in heavy pan. Coat completely a 2 quart baking pan or decorative mold with carmelized sugar. Add custard mixture; place pan or mold in another pan and pour in 1" hot water. Bake 1 hr. in preheated 350° oven. Test for doneness with toothpick. Allow to cool all day before unmolding.

Hint: Garnish, if desired, with fresh strawberries macerated in sugar and Cointreau.

Roberta Panagakos

QUICK AND EASY COBBLER

1 can apple pie filling
cinnamon
nuts (optional)
1/4 cup butter or margarine
1 small (7 Oz.) cake mix, white or yellow

Grease an 8" pan. Spread apple filling in bottom of pan. Sprinkle cinnamon to taste. Add nuts if desired. Cut butter into cake mix and sprinkle over apple. Bake at 350° for 1 hr. May be served warm or cold with or without whipped topping.

Variations: Instead of the apple pie and nuts, use cherry pie filling flavored with a scant tsp. of almond flavoring, or blueberry sprinkled with cinnamon. You may also use fresh fruit and season as for pie.

Fran Cooper

CAROLE'S CHEESE PIE

1/2 cup milk
1 pkg. plain gelatin
1/2 cup boiling milk
2/3 cup sugar
8 oz. softened cream cheese
1 tsp lemon
1 pt heavy cream
graham cracker crust

In a blender, beat the milk and geletin for 3 min., add boiling milk and continue beating. Add sugar, cream cheese, lemon and heavy cream, blending until creamy. Pour into graham crust and refrigerate.

Judy Kusmin

HOT FUDGE SAUCE

1/2 cup cocoa
1 cup sugar
1 cup light corn syrup
1/2 cup evaporated milk
1/4 tsp salt
3 Tbsp butter
1 tsp vanilla

Combine all ingredients except vanilla in saucepan. Cook over medium heat until boiling, stirring constantly. Boil briskly 3 min., stirring occasionally. Remove from heat; add vanilla. Serve warm.

Hint: Keeps well.

Carlene Craib

BANANAS FLAMBE

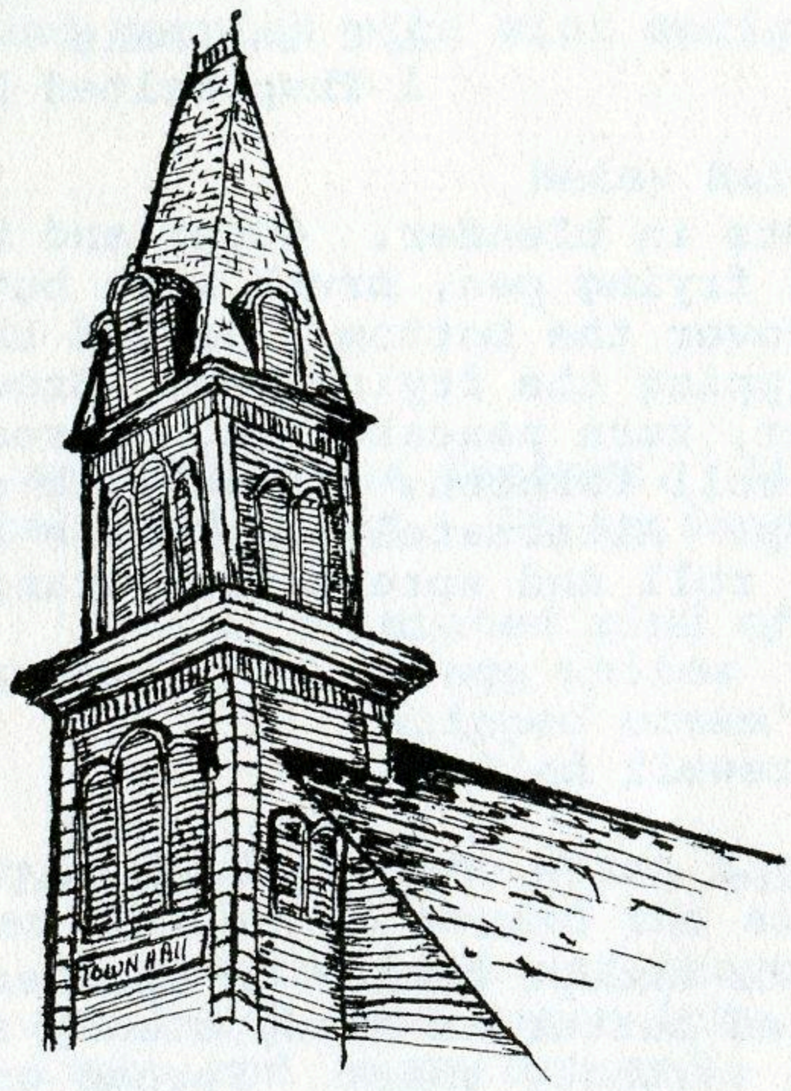
"Fun to serve and so delicious."

1 banana
1/2 Tbsp butter
1/2 Tbsp honey
1 Tbsp Cointreau or Triple Sec
1-1/2 Tbsp rum

Cut banana and fry in butter. Add the honey and liqueurs. Mix to coat banana. Flame at table and then spoon over vanilla ice cream. One banana makes two servings.

Hint: Do not cook banana too long as it will become mushy.

Sharon Hellstedt



Town Hall. Built in 1870.
The cupola of the Town Hall
before the hurricane of
1938.

FRENCH PANCAKES

" I serve them with jelly for breakfast. With orange butter sauce they make a special dessert."

1 cup sifted flour
3 eggs
1-1/2 cups milk
1/2 tsp salt
1 Tbsp melted butter

Combine all ingredients in blender. Cover and blend until smooth. Heat a small frying pan, brush with butter and pour in enough batter to cover the bottom. Spread the batter evenly and thinly, tipping the frying pan. Brown on one side only. When top is set, turn pancake out. Spread with jam or jelly and roll jelly roll fashion. Serve with confectioner's sugar sprinkled on top. Alternately, sprinkle first with confectioner's sugar, roll and spread with Orange butter sauce. Makes 8 pancakes (7").

Orange Butter Sauce:

4 egg yolks
2 Tbsp orange marmalade
2 Tbsp brandy
1/4 lb. melted butter

Combine all ingredients except butter in blender. Cover and blend well. Add melted butter in slow, steady stream until mixture is creamy and slightly thick. Spread on cooked pancakes and roll. Pour heated cognac over pancakes. Ignite and serve immediately. Makes 1 cup sauce.

Hint: Pancakes and sauce are made in the blender. Quick and easy.

Sylvia Weinstein

STRAWBERRY FILLED PANCAKES

1-1/2 cups milk
3 egg yolks
2/3 cup whole wheat flour
1 tsp salt
3 egg whites
1 qt. strawberries

Combine and stir the milk and egg yolks. Add the flour and salt; stir well. Beat the egg whites stiffly and fold in. Bake on moderately hot griddle using 3 Tbsp. batter for each

STRAWBERRY FILLED PANCAKES (continued)

pancake. Crush the strawberries in a bowl. Apportion to the pancakes adding 1 tsp. sugar to each. Roll the pancake, place on a dessert plate, and garnish with mint sprig and a sprinkle of sugar.

Betsy Harpley

FROZEN LEMON SOUFFLE

"This is a beautiful and delicious dessert. It is, however, time consuming and moderately difficult. It is impressive to serve."

12 egg yolks	grated rind of 1 lemon
1-3/4 cups plus 2 tsp sugar	6 egg whites
3/4 cup lemon juice	whipped cream (optional)
1/2 cup heavy cream	candied flowers (optional)

Select a skillet with deep sides into which a two-quart bowl will fit. Add enough water to come up around the sides of the bowl without overflowing. Remove the bowl and start heating water in skillet. Drop yolks and 1-1/2 cups sugar into bowl; beat with whisk or mixer until light and lemon colored. Add lemon juice; set in skillet of boiling water, continue beating about 10 min. or until mixture is thick and custardlike, (120-140°). Scrape the mixture into another bowl; stir in lemon rind. Chill thoroughly.

Prepare a 5 cup souffle dish; tear off a length of waxed paper to fit around outside of dish, adding an inch or two for overlap. Fold paper lengthwise into thirds. Wrap around outside of dish about 2" above rim. Secure with string or paper clips.

Beat 1/2 cup cream; add 2 tsp. sugar as cream begins to thicken. Continue beating until stiff. Fold into egg mixture. In another bowl, beat egg whites. Add 1/4 cup sugar as whites start to mound; beat until stiff. Fold into souffle mixture. Pour into prepared dish and place in freezer. Let stand several hours or overnight. Remove waxed paper. Decorate, if desired, with whipped cream, piped out of pastry tube, and candied flowers. Serves 8.

Hint: Approximately 4 lemons give 3/4 cup lemon juice.

Lillian Cooper

GATEAU GAUACHE (Whipped Cream, Chocolate Meringues)

"Worth the effort!"

6 egg whites
12 oz. sugar (1-1/2 cups)
6 oz. ground pecans or walnuts
1-1/2 tsp white wine vinegar
1/2 tsp vanilla
3 oz. semi-sweet chocolate
1/2 pt. whipping cream

Place egg whites in large mixing bowl and let stand an hour or so at room temperature. Prepare two 8" cake tins as follows: cut 2 rounds of waxed paper to fit bottom of pans. Grease and lightly flour bottom and sides of tins, cover bottom with fitted paper, grease and flour paper. Beat egg whites until stiff. Add sugar and nuts all at once; fold in gently with metal spoon. Add vinegar and vanilla, spoon lightly into prepared tins. Bake in 375° oven for 35-40 min., or till crusty to the touch. Run a knife around edges, cover with wire rack turned upside down, and quickly turn over so meringues rest on racks.

Melt chocolate in a double boiler; while chocolate cools, whip the cream until very stiff. Put half the cream in a separate bowl and add half the chocolate. Place one meringue round on serving platter and cover with this mixture. Top with a second meringue. Cover this one with balance of whipped cream. With a spatula, dip into chocolate and make swirls on the whipped cream to make a marbled effect. Use plenty of chocolate. Grate a little bitter or semi-sweet chocolate over top. Store in refrigerator until serving time.

Hint: Don't worry if meringues collapse; they will be camouflaged by whipped cream. Meringues can be made ahead and frozen or, for a few days, kept in a tightly closed tin in refrigerator.

Beth Shaw

ORANGE BAVARIAN

2 eggs
1/4 cup sugar
1 cup whipping cream
1 cup strong orange juice
1 lg. pkg. instant vanilla pudding
orange slices or wedges
mint leaves

With a rotary beater, beat the eggs and sugar in a small bowl until triple in volume. Set aside. In another larger bowl and without washing the beaters, whip the cream until stiff peaks form when you lift up the beaters. Put the cream in with the eggs. In the cream bowl, combine the orange juice and pudding mix. Beat until the mixture gets thick, then add the cream and eggs; mix with beater until well blended. Pour into a pretty bowl and chill for at least 1 hr. Spoon soft pudding into dessert bowls, decorate with orange slices and mint. Serves 6.

Hint: Best served on the same day as pudding separates if it stands too long.

Nancy Mather

CHEESE CAKE I

"High, light and pretty."

1 lb. cream cheese
1 pt. sour cream
5 eggs (separated)
1 cup sugar
1 tsp lemon juice
1 tsp vanilla
1 graham cracker crust

Cream the cheese and sugar. Add egg yolks; blend. Add lemon juice, vanilla and sour cream. Beat egg whites until very stiff. Fold into the above mixture by hand. Pour into graham cracker lined spring form pan. Bake 1 hr. in 300° oven. Turn off oven and leave inside 1 hr. Open oven door slightly and leave inside 1/2 hr. longer. Cool; then refrigerate. Add topping, if desired. Remove sides of spring pan just before serving. Serves 10.

Hint: Canned cherry pie filling or frozen strawberries may be used as toppings.

Judy Corbett

APPLE-CRANBERRY CRISP

2 cups fresh cranberries
4 cups cooking apples
3/4 cup sugar

Peel and slice the apples. Place fruits in 9x13x2 baking pan and sprinkle with sugar.

Topping:

1 cup flour
3/4 cup rolled oats
1 cup brown sugar
1/2 cup margarine
1 tsp cinnamon

Blend the ingredients with two forks until crumbly. Sprinkle over fruits and bake at 375° until topping is brown and crunchy, about 35 min. Serves 12.

Hint: For variety use mincemeat instead of cranberries, omit sugar.

Jean Downey

FRANCINE'S CHEESE CAKE

"This cheese cake is as good or better than New York cheese cake."

1-1/2 cups packaged corn flake or graham cracker crumbs
1-1/2 cups sugar
1/2 tsp cinnamon
1/3 cup softened butter or margarine
4 eggs
2 lbs. softened cream cheese
1 Tbsp lemon juice
1 tsp salt
1 tsp vanilla
2 cups sour cream

Mix crumbs, 1/4 cup sugar, cinnamon and butter or margarine. Press into bottom of a 10" spring form pan, reserving 1/2 cup for the topping. Beat eggs and 1 cup sugar until thick and lemon colored. Without washing the beaters, beat cheese until fluffy and smooth. Add beaten eggs, lemon juice and salt; beat well. Pour into crumb-lined pan. Bake 30 min. at 375°. Remove from oven. Fold remaining sugar (1/4 cup) and vanilla into sour cream. Spread over cake; sprinkle with reserved crumbs. Turn oven up to 475° and bake 10 min. Cool and refrigerate for 3 hrs. Before serving, remove from

FRANCINE'S CHEESE CAKE (continued)

refrigerator and let stand at room temperature for 1 hour.

Hint: Serve with sliced peaches, strawberries or a favorite pie filling.

Carol Woodbury

ELIZABETHAN TRIFLE

8 oz. sponge cake
2 cups whipped cream
2 cups boiled custard (see below)
1/2 cup strawberry jam
1/4 cup sweet sherry
1 cup fresh strawberries
2 oz. angelica, cut up

Cut sponge cake in pieces and make a layer in the bottom of a serving dish. Top with jam and half of the whipped cream. Pour sherry over it. Add a second layer of cake. Pour boiled custard over all. Cool. Top with remaining cream and garnish with strawberries and angelica. Put one strawberry in the center and slices of strawberries around the edge.

Boiled Custard:

4 egg yolks
1/2 cup sugar
1 cup milk
1 cup light cream
1/2 vanilla bean

In the top of a double boiler, beat egg yolks until they are light; stir in sugar. Scald the milk and cream with the vanilla bean. Gradually add to egg mixture. Set the pan over hot water and cook, stirring constantly, until it coats the spoon. Strain and cool the custard, stirring constantly.

Bev Molina

BUTTER TARTS

"A friend of mine from Canada gave me this recipe. She told me you find these in the Kavartha district at little roadside restaurants. They are made by local housewives. They melt in your mouth and I envy you your first bite."

1/2 cup seedless raisins
1/2 cup soft butter
1/2 cup brown sugar
1/4 tsp salt
1/2 cup golden corn syrup or Karo
1 egg, slightly beaten
1/2 tsp vanilla
pastry

Line 12 large tart forms with pastry. Pour boiling water over raisins to cover completely. Let stand 5 to 10 min. Mix butter, sugar, syrup and salt. Add drained raisins. Stir until sugar is dissolved and butter is melted. Add eggs and vanilla; mix well. Fill shells 7/8 full. Bake at 450° for 18 min. Filling should be slightly runny when cooled.

Carol Woodbury

CREME CARAMEL

"Don't loose one drop of sauce in the bottom of the dish."

1 cup sugar
2-2/3 cups milk
4 eggs
pinch of salt
2/3 tsp vanilla

Place 2/3 cup sugar in a heavy skillet and cook over medium high heat without stirring until the sugar becomes a syrup. Then stir until it is very hot and thin. While sugar melts, place a 1-1/2 quart casserole in 375° oven for just a few minutes to warm. Pour melted sugar into the warm casserole and coat entire casserole with the syrup. (This must be done fairly quickly before the syrup cools and crystallizes). On a saucepan over medium high heat, heat milk just until bubbles form around the edge. While milk heats, in large bowl beat eggs slightly with rotary beater; add remaining 1/3 cup sugar, salt and vanilla. Gradually pour in hot

CREME CARAMEL (continued)

milk, beating on slow speed constantly. Pour into casserole. Set casserole into a cake pan and fill pan half full with hot water. Bake for 1 hr. 15 min. or until silver knife inserted comes out clean. Cool and refrigerate, preferably overnight. Can be unmolded and inverted to serve or spooned from dish.

Ellen Harde

EVA'S STEAMED PUDDING FOR CHRISTMAS

"Good New England dessert for Christmas or holidays."

1 cup chopped suet or
  1/2 cup margarine
1 cup molasses
1 cup milk
3 cups flour
1 tsp soda
1/2 tsp cloves
1/2 tsp nutmeg
1 tsp cinnamon
1 tsp salt
1 cup raisins, chopped

Place ingredients in mold and cover tightly. Put mold in boiling water for 3 hrs. Serve warm with soft sauce and hard sauce.

Soft sauce:

1/2 cup sugar
1 cup boiling water
1-1/2 Tbsp flour
2 Tbsp butter
1-1/2 Tbsp lemon juice or
  brandy

Mix sugar and flour. Add water gradually, stirring all the time. Boil 5 min., remove from stove, add butter and flavoring.

Hard Sauce:

1/3 cup butter
1 cup confectioners sugar

Cream together. Beat in a little cream and any kind of flavoring.

Carol Woodbury

CRANBERRY STEAM PUDDING

2 cups raw cranberries cut in half
1-1/2 cups flour
2 tsp baking soda
1/2 cup molasses (green label)
1/2 cup hot water

Mix the above. Steam for one hour. Serve with sauce.

Sauce:

1/2 cup cream
1/2 cup butter
1 cup sugar
1 tsp vanilla

Mix first three ingredients. Bring to a low boil for 5 min., stirring constantly. Add vanilla. Serve hot.

Holly White

BREAD PUDDING

2 cups bread crumbs
1 cup sugar
1 tsp salt
4 cups milk
2 eggs
1 tsp vanilla
2 Tbsp butter

Scald milk with butter. Add bread crumbs and soak for 5 min. Add beaten eggs and remaining ingredients. Pour into buttered casserole and bake in a pan of water 1 hour at 375°.

Bev Molina

MARLENE'S CHEESE CAKE

1 graham cracker crust
3 pkg. (8 oz.) cream cheese, softened
3 eggs
1/2 cup sugar
dash salt
dash vanilla

Pat graham cracker crust into spring form pan. Beat remaining ingredients until creamy. Pour over graham cracker crust.

MARLENE'S CHEESE CAKE (continued)

Bake at 350° until top gets brown and cracks, and mixture does not wobble. Cool. Cover with cherry pie filling in syrup, blueberries or pineapple. Refrigerate until serving time.

Carolyn Lumenello

FROZEN FRUIT CREAM

2 envelopes unflavored gelatin
1/2 cup orange juice
2 cups fruit puree
1/2 to 1 cup sugar
2 cups heavy cream

Soften unflavored gelatin in orange juice (or 1/2 cup cold water); heat over hot water, stirring occasionally, just until gelatin dissolves. Whirl fresh fruit (strawberries, raspberries, apricots or peaches) in a blender, or press through a wire strainer, to make 2 cups puree; sweeten to taste. Whip cream until stiff. Combine gelatin mixture with puree and fold into whipped cream. Pour into 6-cup mold, freezer container or individual molds; freeze firm. When frozen, cover with foil. Makes 8-12 servings.

Hint: This dessert stores up to several weeks.

Nancy Mather

FRESH STRAWBERRIES A LA COLONY

2 pints strawberries
1/2 cup sugar
1/3 cup Cointreau or Grand Marnier
1/2 pint vanilla ice cream
1/2 cup heavy cream
1/4 tsp almond extract

Gently wash the berries in cold water. Drain on paper towels, hull. Turn into big serving bowl; sprinkle with sugar and Cointreau and toss gently. Refrigerate 1 hr., stirring gently. Let ice cream soften in refrigerator about 1 hr. Beat heavy cream just until stiff. Fold in almond extract. Gently fold whipped cream and softened ice cream into berries mixture. Serve at once.

Bev Molina

GLAZED PEARS

4 firm, ripe pears
1/2 cup honey
1/4 cup margarine
Grated rind of 1/2 orange and 1/2 lemon

Peel, halve and core pears. Heat remaining ingredients in skillet. Add pears and simmer slowly, turning often until pears are tender. Serve warm with sauce in skillet. Top with vanilla ice cream for added treat.

Hint: 1 Tbsp. lemon juice can be substituted for fruit rind.

Jean Downey

CHERRIES JUBILEE

1 can (16 oz.) dark, sweet cherries; pitted
1/4 cup sugar
2 Tbsp cornstarch
1/4 cup brandy
vanilla ice cream

Drain and pit cherries reserving syrup. In saucepan or chafing dish, blend sugar and cornstarch. Gradually stir in syrup; mix well. Cook over medium heat until thickened and bubbly, stirring constantly. Add cherries. Set pan over hot water. Heat brandy in small saucepan. Ignite brandy and pour over cherry mixture. Stir brandy into sauce. Serve immediately over vanilla ice cream.

Hint: Sauce may be thickened before dinner and kept warm in chafing dish. It is fantastic when done at the table.

Polly Curran

Cookies

At ten in the morning, two in the afternoon, eight in the evening...whenever League members meet...cookies sweeten the agenda.

APPLE CAKE SQUARES

2-1/2 cups flour
2 tsp baking powder
1 tsp baking soda
3/4 tsp salt
1 cup margarine
2 cups sugar
2 eggs
3 cups chopped apple
3/4 cup chopped walnuts

Mix first five ingredients together and set aside. Cream margarine and sugar at medium speed. Add the eggs; beat till fluffy and light. At low speed, add the flour combination. Fold in the apple and nuts. Pour into 13x9x2 pan. Bake 1 hr. at 350°.

Glaze:

1 cup confectioners sugar
1 Tbsp margarine
1 Tbsp corn syrup
1 Tbsp milk

Mix all the ingredients together. Glaze the cake while it is hot. Let cake cool before cutting in squares.

Cathy Allen
Ellen Bazer

TRI-LEVEL BROWNIES

Bottom Layer:
1/2 cup sifted flour
1/4 tsp salt
1/2 cup brown sugar
1/4 tsp baking soda
1 cup rolled oats
6 Tbsp butter, melted

Sift flour, soda and salt. Mix in oats and sugar. Stir in butter. Pat mixture in 11x7x1-1/2 pan. Bake 10 min. at 350°.

Middle Layer:
1 square unsweetened chocolate
4 Tbsp butter
3/4 cup sugar
1/4 tsp salt
1/4 cup milk
1 egg
2/3 cup flour, sifted
1/4 tsp baking powder
1/2 tsp vanilla
1/2 cup chopped nuts

Combine chocolate, butter and sugar. Add egg and beat. Sift dry ingredients and add to chocolate mixture. Alternating with milk and vanilla, fold in nuts and spread over baked layer. Return to oven for 25 min.

Top Layer:
1 square unsweetened chocolate
2 Tbsp butter
1 tsp vanilla
1-1/2 cups sifted confectioners sugar

Melt chocolate and butter. Add sugar and vanilla. Blend in enough hot water to make pourable consistency. Spread over baked brownies.

Bev Molina

MANDEL BREAD

"A Jewish bar cookie."

3/4 cup shortening
1 cup sugar
3 eggs
3 cups flour
3 tsp baking powder
1 tsp vanilla
1 tsp almond extract
Rind and juice of 1 orange or lemon
Pinch of salt
Coconut, nuts, raisins (as desired)

Cream shortening, sugar and eggs by hand. Add other ingredients Lay out in strips on greased cookie sheets. Flatten tops and pat in lots of cinnamon and sugar (mixed). Bake at 350° for 25-30 min.

Sylvia Weinstein

GINGER CRISP COOKIES

3/4 cup shortening
1 cup sugar
1 egg (unbeaten)
4 Tbsp (1/4 cup) molasses
2 cups flour
1-1/2 tsp baking soda
1/2 tsp salt
1 tsp ginger
1/2 tsp cinnamon

Cream sugar and shortening. Add egg and molasses. Sift dry ingredients and add to creamed mixture. Refrigerate 5-10 min. Roll into walnut sized balls. Dip in sugar. Put on ungreased cookie sheet and bake at 350° for 10-12 min. Makes about 2-1/2 dozen.

Susan Brown

Built in 1713. A former Tavern on the Common. Daniel Webster met his wife Grace Fletcher here.
(Presently owned by Mr. & Mrs. Edward Lamson)

FUDGE (continued)

in large bowl place chocolate, marshmallow and nuts. Pour boiling syrup over the ingredients in the bowl. Stir constantly until chocolate is melted and completely blended. Pour immediately into three 8 or 9" pans. When cut, store in covered, tin box.

Carol Freeman

GINGERSNAPS

3/4 cup shortening (not margarine)
1 cup sugar
1 egg
1/4 cup molasses
2 cups sifted flour
1 tsp baking soda
1 tsp cinnamon
1 tsp cloves
1 tsp ginger

Cream shortening and sugar together. Beat in egg, add molasses and sifted dry ingredients. Roll into 1" balls. Dip in sugar. Place on greased baking sheet 2" apart. Bake at 375° for 10-12 min. Makes 4 dozen.

Nancy Mather

HEALTHFUL PEANUT BUTTER COOKIES

1/2 cup soft shortening (half margarine)
1/2 cup peanut butter
1/2 cup sugar
1/2 cup packed brown sugar
1 egg
1-1/4 cups whole wheat flour
1/2 tsp baking powder
3/4 tsp baking soda
1/4 tsp salt
1/2 cup wheat germ

Mix shortening, peanut butter, sugars and egg thoroughly. Mix flour and other dry ingredients; stir into mixture. Roll dough into balls and place on greased baking sheet. Flatten, criss-cross with fork dipped in flour. Bake at 375° for 10-12 min. Makes 3 dozen.

Nancy Mather

TOLL HOUSE MARBLE SQUARES

1 cup plus 2 Tbsp sifted flour
1/2 tsp baking soda
1/2 tsp salt
1/2 cup butter
6 Tbsp granulated sugar
6 Tbsp brown sugar
1/2 tsp vanilla
1 egg
1 Tbsp water
1/4 cup coarsely chopped nuts
6 oz. (1 cup) chocolate bits

Sift flour, soda and salt, set aside. Cream the butter. Add sugars and blend well. Add vanilla, egg and water; mix. Beat in dry ingredients and nuts. Spread evenly in greased 13x9x2 pan. Sprinkle chocolate bits on top. Place in 350° oven for 1 min. Remove and run a knife through batter to marbelize. Return to oven and bake 10-12 min. Cool and cut into squares. Makes 24.

Roberta Panagokos

GRANDMOTHER'S PEANUT BUTTER COOKIES

1/2 cup white sugar
1/2 cup brown sugar
1/2 cup peanut butter
1/2 cup shortening
1-1/2 cups flour
1 scant tsp baking soda

Mix all ingredients. Drop by teaspoonfuls; flatten with fork tines. Sprinkle with sugar. Bake 10-12 min. at 350°.

Hint: To double recipe, add 1 egg.

Avis Hooper

APPLE OATMEAL COOKIES

1 cup flour
1 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/2 tsp ginger
3/4 cup raisins
3/4 cup nuts
1 cup brown sugar
1 cup oats
1/4 cup vegetable oil
2 Tbsp milk
1 egg
1 apple, diced

APPLE OATMEAL COOKIES (continued)

Combine all ingredients. Mix until batter is moist. Bake on greased cookie sheet at 375° for 10 min. Makes 2-1/2 dozen.

Polly Curran

HOLLAND BUTTER COOKIES

1/2 lb. butter
1/2 cup Crisco
3 cups sifted flour
pinch salt
1 tsp baking powder
1 tsp baking soda
1/2 cup granulated sugar
1/2 cup brown sugar
1/2 tsp vanilla

Mix all ingredients together. Roll to size of a walnut. Place on cookie sheet. Press with a fork. Bake at 300° for 15-20 min.

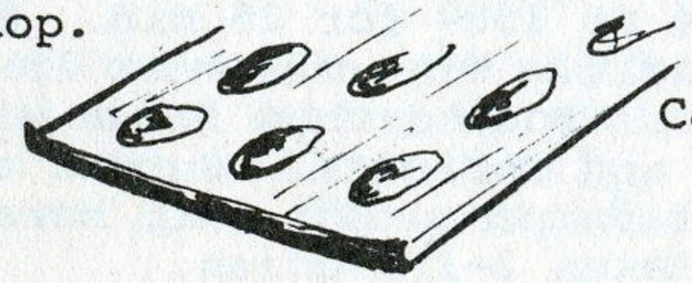
Hint: Mixes better when mixed with your hands.

Pat Wotruba

TURTLES - CARMEL SNAPPERS

144 pecan or cashew halves
36 light carmels
1/2 cup semi-sweet chocolate chips, melted

On a greased cookie sheet arrange nut halves, flat side down, in groups of four. Place one carmel on each cluster. Heat in slow oven (325°) for 4-8 min. or until carmels melt. Watch carefully! Remove from oven. Flatten each carmel carefully. Cool slightly. Remove from pan to waxed paper. Swirl melted chocolate over top.



Carlene Craib

PENUCHE BARS

"Quick, easy and yummy."

1/2 cup butter
1-1/3 cups brown sugar, packed
1/3 cup milk
1/2 cup chopped pecans
1 tsp vanilla
1-1/2 cups flour
1/2 tsp salt
1/2 tsp baking soda

Combine butter, sugar and milk in saucepan. Bring to a full boil. Remove from heat. Stir in remaining ingredients. Spread in well greased 9x13 pan. Bake at 350° for 20 min.

Penuche Frosting:

1/2 cup brown sugar
2 Tbsp milk
2 Tbsp butter
1 cup powdered sugar

Melt the brown sugar, milk and butter together in saucepan. Stir in the powdered sugar. Drizzle over the bars in pan. Cut in squares.

Sharon Hellstedt

APRICOT BARS

2/3 cup dried apricots
1/2 cup margarine
1/4 cup sugar
1-1/3 cups flour
1/2 tsp baking powder
1/4 tsp salt
1 cup brown sugar, packed
2 eggs
1/2 tsp vanilla
1/2 cup nuts

Rinse apricots. Cover with water and boil 10 min. Drain, cool and chop. Mix butter, sugar and cup flour until crumbly. Pack into greased 8" pan. Bake at 350° for 25 min. Sift 1/3 cup flour, baking powder and salt. With mixer at low speed, gradually beat brown sugar into eggs. Add to this flour mixture, then vanilla. Stir in walnuts and apricots. Spread over baked layer. Bake 30 min. Cool in pan. Cut into bars. Roll bars in confectioners sugar. Makes 2-1/2 dozen.

Carole Frank

KEEPSAKE BROWNIES

"These brownies are the fudgy, old-fashioned kind. Very good."

3 squares unsweetened chocolate
1 cup margarine
2 cups sugar
3 eggs, beaten
1 tsp vanilla
1 cup chopped nuts
1 cup flour
1/4 tsp salt

Melt chocolate and margarine over hot water. Remove from heat. Add sugar, beaten eggs and vanilla. Mix well. Stir in nuts. Add flour and salt. Mix well. Pour into a greased and floured 9" pan. Bake at 350° for 50 min.

Carol Freeman

WHEAT GERM (or BRAN FLAKE) and OATMEAL COOKIES

"The bran flakes used are from Walnut Acres. Bran from the cereal department will not give the same results. I find that including the bran flakes makes these good cookies a super nutritional snack."

3/4 cup vegetable oil
1-1/4 cups honey or molasses
2 eggs
2 tsp vanilla
1 cup raisins
1/4 cup nuts
1-1/2 cups wheat germ or bran flakes
2 cups old-fashioned rolled oats
3/4 cup whole wheat flour
1 tsp salt

Combine all but last two ingredients. Sift in flour and salt. Stir until mixture is smooth. Push 1 tsp. mixture onto greased baking sheet. Bake at 350° for 10-12 min. Remove after cooling several minutes.

Hint: To vary, omit vanilla and add 1 tsp. maple or orange flavoring. Can also be varied by adding 1 tsp. cinnamon to original recipe. For a large family, or for baking ahead, double or triple recipe. These cookies are chewy and they freeze well.

Betsy Harply

PEANUT BUTTER ROUNDUP COOKIES

1 cup oleo, soft
1 cup brown sugar
3/4 cup granulated sugar
2 eggs
1 cup peanut butter
2 cups flour
2 tsp baking soda
1/2 tsp salt
1 cup oats

Beat oleo and sugars until creamy. Add eggs and peanut butter; beat well. Sift together flour, soda and salt. Add to creamed mixture, mixing well. Stir in oats. Shape dough to form 1" balls. Place on ungreased cookie sheets. With fork dipped in flour, press to make criss-crosses on each. Bake at 350° for 8-10 min. Makes about 6 dozen.

Nancy Overbaugh

EASTER DOUGH COOKIES

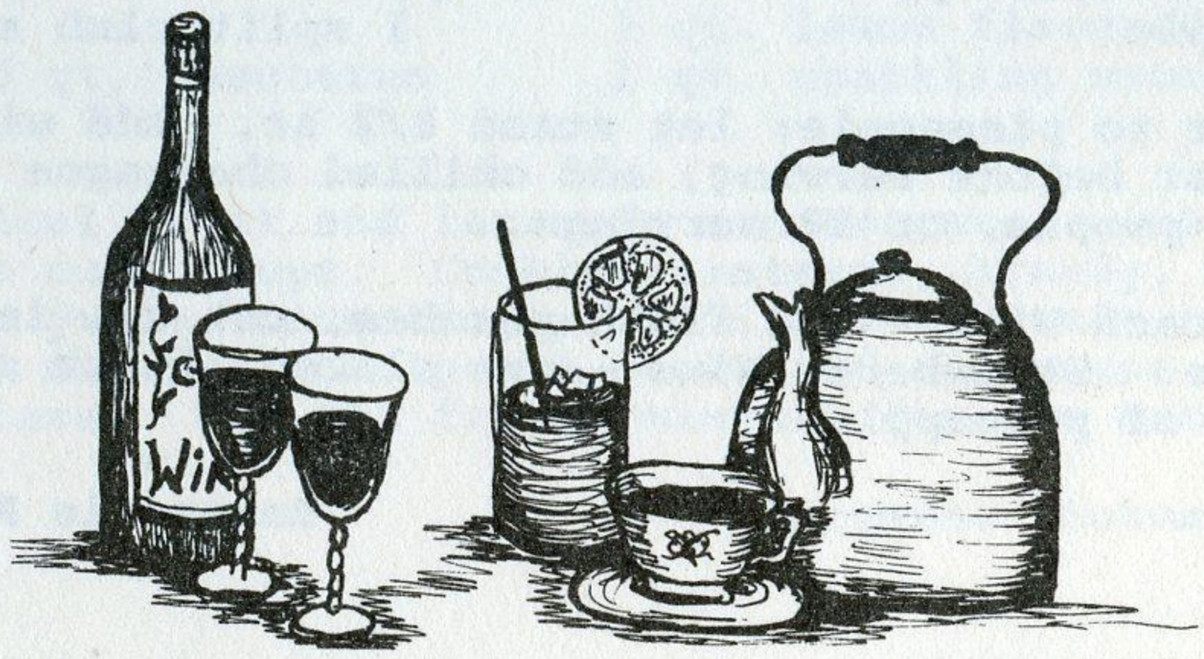
"An Italian cookie recipe."

8 cups flour
8 Tbsp baking powder
1/2 cup milk
1 Tbsp salt
7 eggs
1-1/2 cup sugar
1-1/4 cup Spry
3 tsp anisette or anise

In a large bowl put spry, eggs and sugar. Beat until smooth with no lumps. Add other ingredients. Mix with fork, then knead until mixture holds. Break pieces of dough and roll out with palms of hands into long finger lengths, spirals, circles, braids, etc. Put on ungreased cookie sheet. Bake at 375° for 10-12 min.

Hint: This makes a large amount. You can freeze half the dough.

Florence Ross



BEVERAGES

A cold and icy night, serve hot buttered rum and warmth is near. Or bring winter coolness to an August afternoon with iced mint tea.

HOT BUTTERED RUM

1 lb. butter
2 lbs. brown sugar
3 eggs
1 Tbsp ground cloves
1 Tbsp nutmeg
1 Tbsp allspice
1 Tbsp cinnamon

Melt butter. Beat eggs and spices until very thick and frothy (10 min.). Add butter and sugar; beat well. Cover and refrigerate. To serve: Put 1 Tbsp. into each cup (or more if using mugs). Add a little boiling water and 1 jigger of dark rum; stir. Then fill with hot water.

Hint: Can be kept in refrigerator several months.

Sharon Hellstedt

WINE PUNCH

"This is a delicious, refreshing punch."

1/2 cup superfine sugar
2 cups fresh, chopped pineapple
2 bottles Moselle wine
1/2 bottle Champagne, or 1 split club soda

Add sugar to pineapple; let stand 1/2 hr. Add wine; chill 1-2 hrs. Just before serving, add chilled champagne or club soda. Serves 8 people, or 20 servings.

Hint: Peach Wine - use fresh peaches, cut up, in place of pineapple. Strawberry Wine - use sliced, fresh strawberries in place of pineapple.

Rosemarie Koester

DREW FARMS' MULLED CIDER

1 gal. cider
4 cloves
1 thin-sliced lemon
2 Tbsp honey
2 cinnamon sticks

Heat cider. Add remaining ingredients and simmer.

Hint: This may be made in a percolator - put cider in pot, other ingredients in basket, and perk.

Nanci Bohne

RUSSIAN TEA

2/3 cup unflavored instant tea
14 oz. Tang
2 pkgs. (6 oz.) Wyler lemonade
2 cups sugar
2 tsp cinnamon
2 tsp powdered cloves

Combine all ingredients in a large container. Use 2 heaping tsp. per cup of tea.

Nancy Mather

PUNCH I

1 can (6 oz.) frozen tropical punch concentrate
1 can (6 oz.) frozen lemonade concentrate
1 qt. water
1 bottle (4/5 qt.) sauterne
1 cup brandy
1 cup vodka
1 can (6 oz.) frozen pineapple juice concentrate
1 bottle (4/5 qt.) champagne
1 qt. lemon flavored soda
1 qt. sparkling water

Combine tropical fruit and lemonade concentrates with water; freeze in ice cube trays. Combine sauterne, brandy, vodka and pineapple juice concentrate; chill. When ready to serve, pour sauterne mixture into punch bowl; add champagne and sparkling waters. Use the frozen mixture for ice cubes.

Margaret Cookman

ICED TEA

10 teabags
1-1/2 cups sugar
2/3 cup Realemon
2 qts. water

Bring water to boil in nonmetallic tea kettle. Put in teabags and allow to steep for 10 min. Pour into nonmetallic pitcher and add Realemon and sugar. Chill. Makes 3/4 gallon.

Carlene Craib

HOT ADAM'S APPLE

"A beverage."

8 oz. cider
1-1/2 oz. vodka
1 clove
1 cinnamon stick
1 lemon slice
dash nutmeg

Boil cider with clove. Pour into mug containing cinnamon stick, vodka and lemon slice. Add dash of nutmeg. Serves 1.

Nanci Bohne

LILAC WINE

1 qt. lilac flowers (picked from stems)
1 gal. water
2 lbs. sugar
1/4 cake yeast
1 lemon, cut up

Heat water to boiling point. Pour over lilacs. Let stand for 3 hrs. Drain water and to this water add sugar; cook for 15 min. Let cool until lukewarm. Add yeast and lemon pieces. Let this stand in a warm place for 3 days. Strain through a cloth and fill in a jug. Let stand until October.

Rosemarie Koester

PUNCH II

1 qt. light rum
4/5 qt. white wine
10 oz. apricot brandy
juice of 4 lemons
4 qts. bitter lemon soda
Grenadine to sweeten

Chill the bitter lemon. Combine all ingredients at serving time with the help of your guests. Pour over ice ring in punch bowl. Makes 70-75 (3 oz.) servings.

Bev Molina

MAI WEIN (MAY WINE) PUNCH

2 qts. white wine
sprays of woodruf (Waldmeister)
1/4 lb. sugar
1 qt. pineapple juice (optional)
1 cup strawberries (optional)

Sprinkle sugar over woodruf and let stand several hrs. Pour in half bottle of wine; cover and let stand overnight. Add rest of wine and sugar. Place bowl on ice. Add strawberries and pineapple juice, if desired.

Rosemarie Koester

ICED MINT TEA

"Tea made in this manner may be enjoyed by children as there is no caffeine."

6-8 stalks of peppermint
boiling water

Pick fresh peppermint and rinse. Put into teapot and cover with boiling water. Fill glasses with ice. After tea has steeped 5 min., pour into prepared glasses. A sprig of mint may be added for a garnish.

Betsy Harpley

SANGRIA

3 cups cranberry juice cocktail, chilled
2 cups dry red wine, chilled
1 cup orange juice
1/3 cup lime juice
1/4 cup lemon juice
1/2 cup sugar

Mix all ingredients together and refrigerate. Put in slices of orange, lemon and lime. Add ice at serving time.

Hint: Multiplies very easily and well. I use Gallo Hearty Burgundy for a superb flavor. To avoid diluting the punch, freeze cranberry juice into cubes in place of ice.

Sylvia G. Weinstein

EASY DELICIOUS PUNCH

1 qt. ginger ale, chilled
1 bottle (8 oz.) cherries with juice
1 qt. Tom Collins mix, chilled
1 qt. sherbet, any favorite flavor

Mix ginger ale, Collins mix and cherries. At serving time, add ice and float sherbet on top.

Sue Smith

COFFEE LIQUEUR II

"A liqueur much like Kahlua."

3/4 cup instant coffee
6 cups sugar
2 Tbsp pure vanilla (35%)
9 cups water
1/5 qt. straight grain alcohol (190%)

Add the instant coffee to 5 cups boiling water. Allow to cool thoroughly. Mix the sugar with 4 cups water and boil 10 min. or to 215° on candy thermometer. Cool completely. Combine above mixtures; add vanilla and alcohol. Bottle in screw-top bottles only.

Hint: Straight grain alcohol is available in Connecticut and Delaware.

Pat Wotruba

COFFEE LIQUEUR I

"A beverage."

4 cups sugar
2 oz. instant coffee
4 cups water
1/5 qt. vodka
1 vanilla bean

Split vanilla bean lengthwise. Combine sugar with water and boil 5 min. Remove from heat and stir in coffee. Bring to a boil, then allow to cool. Put the vodka and vanilla bean into a 1/2 gallon jug. Pour in first mixture and blend. Seal; keep sealed for 2 weeks.

Bev Molina

Relishes and Preserves

Whether sparkling red preserves or tart piccalilli...this course adds a zest...tht little something extra to the meal.

GRANDMA'S PICCALILLI (DARK AND SWEET)

"My husband's grandmother's recipe."

1 peck ripe and green tomatoes
10 peppers, ripe and green (some hot)
10 med. onions
3 stalks celery
1-1/2 qts. vinegar
6 cups brown sugar
1 Tbsp cinnamon
1 Tbsp cloves
1/2 pkg. pickling spices
1 Tbsp dry mustard
1 cup salt

Chop vegetables in grinder. Cut celery fine. Add salt and let stand overnight in canner. Drain off liquid; scald vinegar. Put cloves and pickling spices in cheese cloth bag. Add sugar and spices to vinegar. Boil 1 hr. Bottle in sterilized jars. Seal.

Carlene Craib

TOMATO SAUCE FOR FREEZING

2 Tbsp olive oil
3 sprigs parsley, minced
1/2 cup chopped celery
1 clove garlic, minced
2-1/2 lbs. tomatoes
1 can (1 lb.) tomato puree
1 tsp salt
1/2 tsp pepper
1 tsp sugar
1/2 tsp basil
1/2 tsp oregano

Peel and chop tomatoes. Cook first 4 ingredients till brown. Add remaining ingredients. Simmer 55 min. Cool. Freeze in plastic containers.

Sharon Hellstedt

INDIAN RELISH (HEINZ RECIPE)

"I usually make a double batch."

1/2 peck green tomatoes
8 sweet peppers
3 red peppers (hot if preferred)
6 lg. onions
2 lb. sugar
2 qts. vinegar
1 Tbsp mustard seed
2 Tbsp celery seed
1 tsp cloves
1 tsp cinnamon

Grind tomatoes, peppers and onions with a coarse grinder. Boil 15 min. with 2 Tbsp. salt. Drain. Add remaining ingredients. Boil (simmer) 1 hr. Stir frequently. Seal hot in sterile jars. Makes 8-9 pints.

Bette R. Hook

HOT SPICED APPLESAUCE

1 can applesauce
1 tsp cinnamon
1/4 tsp nutmeg
1 pat butter

To the applesauce add cinnamon, nutmeg and butter. Put into baking dish; cover. Bake 10 min. at 325°.

Betsy Harpley

APPLE BUTTER and APPLE JELLY

2 lbs. apples (Gravenstein)
1 cup water, cider, or apple juice
white or light brown sugar
1 tsp cinnamon
1/4 tsp cloves

Wash, quarter and core apples. Put in kettle with water, cider or apple juice. Cook, covered, over low heat until tender. Force pulp through food mill and measure. For each quart, add 2 cups sugar and the spices. Cook over medium heat, stirring constantly, or bake in slow oven (300-325°) until butter is thick enough to spread. Pour boiling butter into sterilized jars. Seal.

Hint: Use pulp for butter and juice for jelly. For jelly, follow Certo directions.

Pat Wotruba

GREEN TOMATO MINCEMEAT I

"Time consuming but worth it."

1 peck green tomatoes
8 lg. apples, cored
1 lb. suet
3 pkgs. raisins
1 lemon
2 oranges
3 lbs. brown sugar
2 Tbsp each cloves, allspice nutmeg, cinnamon, salt
1 cup vinegar
1 cup molasses

Grind tomatoes; drain in a colander (discard juice). In large (20 quart) canner, add enough water to cover. Cook 30 min. Drain juice. Grind apples, suet, raisins, lemon and oranges reserving juice. Add to the drained tomatoes with the juice. Add the brown sugar, spices, vinegar and molasses. Cook all together until thick and dark (2-3 hrs.). Watch carefully and stir often so it doesn't burn. Bottle in warm jars and seal immediately.

Carlene Craib

GREEN TOMATO MINCEMEAT II

1 peck green tomatoes
1 peck apples
3 lbs. brown sugar
1 cup cider vinegar
1/4 lb. citron
1/4 lb. candied lemon peel
1/4 lb. butter
1 tsp each cinnamon, cloves, allspice, salt, nutmeg
1 pkg. raisins

Put tomatoes through grinder; drain. Cover with water. Simmer 30 min.; drain. Add chopped apples, raisins and rest of ingredients. Cook 3 hrs. Place in sterile jars. Seal at once; seal hot. Double batch makes 9 quarts.

Hint: Candied fruit for fruitcake may be substituted for lemon peel and citron.

Bette R. Hook

RIPE CUCUMBER RELISH (MUSTARD PICKLES)

"A Down-Maine favorite."

8 lg. ripe cucumbers
2 cups chopped onion
1/2 cup salt
2 Tbsp flour
2 cups sugar
1 tsp celery seeds
1 tsp mustard seeds
1 Tbsp dry mustard
2 tsp turmeric
1 pt. vinegar

Pare, remove seeds and cut cucumbers in 1" squares. Add onion. Sprinkle with salt and let stand overnight. Drain. Rinse well.

To make sauce, combine remaining ingredients. Heat to boiling; stir frequently to make a smooth sauce. Add vegetables to the sauce. Cook on low heat for 1 hr., or until vegetables are transparent. Ladle into hot, sterilized jars; seal at once. Process in boiling water bath (212°) for 5 min. Makes 4 pints.

Carlene Craib

CRANBERRY PINEAPPLE SAUCE

"Great on ham or pork."

1 jar (12 oz.) pineapple preserves
1/2 cup chili sauce
1/2 cup canned whole cranberry sauce
1/3 cup vinegar

In a small bowl combine ingredients. Brush over ham or pork during last 20 min. of cooking. Heat remaining sauce and serve as accompaniment. Makes 2-1/3 cups.

Hint: May be used for baking or barbecuing. May be made ahead and can be frozen.

Judy Corbett

PICKLED BEETS

24 sm. beets
1 cup cooking liquid
1 pt. vinegar
1-1/4 cups sugar
2 Tbsp salt
6 whole cloves
1 (3") stick cinnamon
3 med. onions, sliced

Remove beet tops leaving roots and 1" stems. Cover with boiling water; cook until tender. Drain, reserving 1 cup cooking liquid. Remove skins and slice.

Combine cooking liquid, vinegar, sugar and salt. Add spices tied in a cheesecloth bag. Heat to boiling point. Add beets and onions. Simmer 5 min. Remove spice bag. Continue simmering while quickly packing beets and onions into one hot pint jar at a time. Fill to within 1/2" of jar top. Adjust lids. Process in boiling water bath (212°) for 30 min. Remove jars from canner and complete seals unless closures are self sealing. Makes 4 pints.

Carlene Craib

RHUBARB-STRAWBERRY JAM

5 cups cut rhubarb
3 cups sugar
2 pkgs. strawberry Jello

Let rhubarb and sugar stand 3-5 hrs. Bring to boil and cook 10 min. Remove from heat and stir in Jello. Let cool partially. Pour into prepared jars and wax.

Sharon Hellstedt

TOMATO-APPLE CHUTNEY

24 red tomatoes
12 apples
12 med. onions
4 red peppers (sweet)
4 cups sugar
4 Tbsp salt
1 pt. vinegar
1 tsp celery seed
1 tsp ground mustard

Chop (or grind with a coarse blade) and cook the tomatoes, apples, onions and peppers. Combine with remaining ingredients and cook until thick. Seal hot in sterilized jars. Makes 8 pints.

Hint: Use on meats, chicken, etc.

Bette R. Hook

INTERNATIONAL FARE

MEXICAN DINNER
Fran Bator

Chili*
Pinto Beans Green Salad
Garlic Bread Beer

GREEK-ARMENIAN DINNER
Carolyn Lumenello

Shish Kabob Papas*
Bulgar Pilaf* Tossed Salad
Lemon-Mint Dressing*

ITALIAN DINNER
Nanci Bohne

Noodles & Tomatoes*
Lettuce Salad - Oil & Vinegar Dressing
Italian Bread
Fruit Bowl
Dry Red Wine Espresso Coffee

UKRANIAN DINNER
Claire Gillen

Ukranian Goulash*
Buttered Noodles Green Beans
Cucumber & Green Pepper Strips
Applesauce Cake

CHINESE DINNER
Ellen Bazer

Egg Roll*
Sweet and Sour Pork* Beef and Onions*
Pea Pods* Rice Rolls
Pineapple Sherbet

RUSSIAN DINNER
Fran Cooley

Poor Man's Caviar* Liver Pate*
Borscht* Marouk (bread)
Chicken Kiev* Rice Pilaf*
Stuffed Cabbage* Tossed Salad
Spiced Honey Cake

FRENCH DINNER
Lillian Cooper

Canapes la Becesse Ecossaise*
Salade de Laitues* Brioche*
Gigot Persille* (Leg of Lamb)
Pommes de Terre Duchesse* (Duchess Potatoes)
Haricots Verts Sautes* (Green Beans)
Frozen Lemon Souffle

JEWISH DINNER
Sylvia G. Weinstein

Chopped Liver*
Roast Chicken
Potato Kugel* Carrot Tzimmes*
Tossed Salad Hallah*

Weights, Measurements, Equivalents

Liquid Measure

1 tsp = 1/3 Tbsp
1 Tbsp = 3 tsp
2 Tbsp = 1 fluid oz.
4 Tbsp = 1/4 cup
5-1/3 Tbsp = 1/3 cup
8 Tbsp = 1/2 cup
16 Tbsp = 1 cup = 8 oz.
1 cup = 1/2 pint
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon

Metric Equivalents

1 tsp = 5 milliliters (ml.)
1 Tbsp = 15 ml.
1 cup = 1/4 liter (l.)
1 pint = .528 l.
1 quart = 1.056 l.
1 gallon = 4.224 l.

Temperature Chart

	Farenheit	Centigrade
Water freezes	32°	0°
Water simmers	115°	46°
Water scalds	130°	54°
Water boils	212°	100°
Soft ball	234-238°	112-114°
Firm ball	240-242°	115-116°
Hard ball	248-250°	120-121°
Slow oven	268°	131°
Moderate oven	350°	177°
Hot oven	450-500°	232-260°
Broil	550°	288°
Deep fat	375-400°	190-204°

Equivalents

Butter	1 stick	=	8 Tbsp	=	1/2 cup
	4 sticks	=	2 cups	=	1 lb.
Cracker crumbs	3/4 cup	=	1 cup bread crumbs		
Eggs, whole - large	5 (2 oz.)	=	about 1 cup		
medium	6	=	about 1 cup		
small	7	=	about 1 cup		

Equivalents (continued)

Egg whites - large	8 (2 oz.)	=	about 1 cup
medium	10-11	=	about 1 cup
small	11-12	=	about 1 cup
Egg yolks - large	12 (2 oz.)	=	about 1 cup
medium	13-14	=	about 1 cup
small	15-16	=	about 1 cup
Flour, all purpose	1 cup, sifted	=	1 cup plus 2 Tbsp cake flour
bread	4 cups	=	1 lb.
cake	4-3/4 cup	=	1 lb.
thickening	1 Tbsp	=	1-1/2 tsp cornstarch, potato starch, rice starch, arrow starch, or 2 tsp quick-cooking tapioca
Herbs	1/3 to 1/2 tsp dried	=	1 Tbsp fresh
Lemon	1	=	2-3 Tbsp juice, 2 tsp rind
Lemon juice	1 tsp	=	1/2 tsp vinegar
Sour milk	Add 1 Tbsp vinegar or lemon juice to		1 cup milk minus 1 Tbsp
Sugar - substitute	1 cup	=	1 cup molasses plus 1/4-1/2 tsp soda - omit baking powder
Sugar	2 cups	=	1 lb.
Sugar, brown, packed	2-1/4 cup	=	1 lb.
	1 cup	=	1 cup granulated
Sugar, confectioners, pack	1-3/4 cup	=	1 cup granulated

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